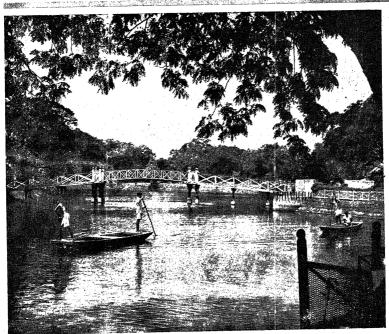


The Oriental Watchman and Herald of State of Sta

A MAGAZINE FOR HEALTH HOME AND HAPPINESS



Leisure Hours

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We Wish All Our Readers Another Year

of

Peace, Good Health,

and

Happiness

Oriental Watchman Publishing House,



RATIONING

ATIONING is the order of the R day. The rationing of many commodities that is in force in many countries imposes on citizens much inconvenience and profitless expenditure of time and effort. In some cases it actually increases the expense of obtaining a minimum quantity of some necessity. Because of clumsy management and unintelligent arrangements for distribution, these and other disadvantages are unnecessarily enhanced and aggravated. Frequent disclosure of graft and other forms of corruption on the part of higher and lower officials together with unfairness, partiality, and inconsiderate treatment of the purchasing public, tend to arouse some resentment against rationing and to generate murmuring and complaint. No doubt the public could be spared much of these difficulties if all rationing authorities were honest, fair and considerate.

But in spite of all this, none but greedy business men and others who are in a position to enrich themselves at the expense of consumers and who wish to maintain their hold on such positions would desire all rationing to be discontinued while supplies of necessities and commodities are so limited that not all can have as much as they may desire. With all the troubles that accompany rationing, it still does give some measure of assurance that each gets a little of that which he needs, and that accumulation of an excess or surplus shall be prevented, and if necessary, punished by law. While only limited quantities of material necessities are available, abolition of rationing is not the need; but rather better functioning of the institution.

But there are those in the world who are not content with the rationing of only material necessities in order that all may share equally. The desire to regiment and control extends even to the social, intellectual and spiritual aspects of life to such an extreme degree that some think to ration even that which one may think, feel, or exercise any of his mental faculties upon. Such would make it criminal to be an individual, and one's only right is to fit into the scheme of things as the boss may dictate. This spirit is manifested in every form of totalitarianism whether it be governments, religion, or some party organization. The averseness of most people to use their own minds to think, their careless and superficial observation, and their readiness to act thoughtlessly, enhances the opportunity for totalitarianism to enslave its victims. One must believe only that which the boss dictates. One must read only that of which he approves. One may go only where he permits, and one must not test, examine or investigate that which one is taught. Rights and privileges are strictly rationed, not because of shortages or limitations, but because of the power of some boss that would prevent every individual from progressing beyond that of which he approves in order that power may be monopolized by his party or person, and who would make expression of such ideas as these a criminal offence.

The radio has become so common in these days that in some countries almost every home has one. It has become one of the world's greatest agencies for the dissemination of news and information. As a means of entertainment it has replaced many others. Here in Southern Asia until the present we enjoy the freedom to use it as we please. That freedom may not be exercised profitably by all. It may be exercised to the detriment of some. But this is not a matter for government, party, or religious groups to control. Every owner of a set has a moral right to listen to that which he chooses of that which is to be heard. His opinions and attitudes are influenced by that which he hears, but he has a right to choose what his opinions and attitudes shall

be. If there be given over the radio, propaganda that is not in the interests of some controlling group, that group may counteract by propaganda of its own, leaving the listener to make his choice. When a group concerned attempts to control the formation of opinion by denying its members the right to listen to what they may choose, one can but conclude that there is in the assertions of such a group thatwhich is weak, false, and otherwise defective of which it fears the exposure. Its character cannot be improved by denying its members the right to learn whatever they choose to learn of that which is offered them. During the great World War II such nations as Japan, Italy and Germany did not profit by such control of the radio, nor by endeavouring to control what people thought. Outward forms and appearance of lovalty and respect that are obtained by suppression of knowledge by force, intimidation, terrorism, and persecution, do not constitute truth or reality. They are ephemeral appearances that tend to vanish the moment that compulsion is withdrawn. Only conviction that results from intelligence and experience in searching for truth can be secure under all circumstances and conditions.

The same applies to the use of newspapers and other printed matter. Governments must, of course, control the dissemination of that which incites to crime, destruction of property and general public evil; but peaceable discussion and interchange of ideas through the press, even though those ideas may be at variance with that which is generally being taught and done, is a fundamental right that cannot be infringed without impairment to moral fabric. Suppression of such discussion is the method of minorities, who having seized or attempted to seize power, close up the way for discussion and interchange of thought except about those topics and by such

means as they would ration. When men assume such procedures we are justified in feeling that truth is being suppressed, falsehood propagated, and evil kept secret. When we are told that we must not read this or that book, that we must not buy or sell a certain periodical, that we must not look at certain pictures, and the like, it is more than likely that men are frantically endeavouring to conceal that which will be much to their discredit and disadvantage if brought to light, or that they fear that something to which they hold will be overthrown by the dissemination of additional knowledge. But if that which one believes and teaches cannot endure the test of examination and comparison, and if it be in danger of being overturned by some new or hitherto unknown idea, it is not worth defending. New ideas, even though they be truth, are often made unwelcome in the human mind, and the companionship of the old, be it superstition and untruth, is preferred. But it is far more likely that truth will be discovered in free and open peaceable discussion than by the dogmas of the few who would suppress such discussion.

Perhaps none on earth are more intolerant of such free and open discussion than certain religious groups who deny adherents the right to believe anything but that which they teach or of which they approve. One must not listen to certain radio broadcasts nor attend certain lectures. Books that refute or disparage the doctrines of such groups are banned, proscribed and destroyed, and members forbidden to own or read them. When power is able it persecutes, imprisons, confiscates, murders, and lies, to prevent independent investigation and thinking, and resorts to any violence and brutality to achieve and compel. When such methods are employed it is a tacit admission of intellectual weakness and inferiority of mind. If free and open discussion, investigation, and examination are not sufficient to defend the ideas, doctrines, and theories that are taught, but if such are rather in so great danger of being overthrown and proved to be erroneous and false by such discussion that defenders must resort to civil law, force, persecution and brutality to defend them, we may be certain that they are all falsehood and error unworthy of defence. That which is truth does not need to be defended by such

means. Truth may be obscured by propaganda, may for a time be sub-merged in a flood of falsehood, may be suppressed by force, but at last it will triumph over all these, for its power is greater than that of arrogant man.

Suppression of discussion is a means often employed to gain and hold power. They who are ruthless and determined work to enslave all mankind, and unless human beings will independently employ their God-given minds to learn truth they will find themselves entrapped when it is too late to escape. It will not do to sit back supinely and allow weak and shallow-minded philosophers, political dictators, arrogant priests, and preachers to dictate what one shall believe or what one may investigate and study. They will poison the mind, blur the mental vision, make the false appear true and lull those who are in danger of being enslaved into a feeling of security. Gullibility, mental laziness, muddled thinking, and submission to those who would ration that which one may believe will not do for those who would know the

Where freedom of peaceable discussion and investigation is enjoyed, increase in intelligence is encouraged and progress in other desirable matters may be expected. But where such discussion is suppressed and where the free exercise of the mind in study and investigation is forbidden the trend is always toward ignorance, economic backwardness, and moral and intellectual deterioration, as exemplified in certain geographical regions where custom, religion, or government deprive the people of this right. That is why autocratic dictatorship, though sometimes more efficient in administration than democratic forms of government, always tends toward deterioration of character.

Leaders in religious groups especially are inclined to be intolerant of all that does not coincide with their ideas and doctrines, and to oppose examination of that which they teach and to demand that their assertions shall be accepted at face value. But everyone has not only the right, but also a duty, to carefully examine that which he is required to believe. Religious leaders may fear the dissemination of that which does not agree with their views but they need not fear if they have the truth. Without respect for

truth their rule is characterized by rapacity and greed. Too many seem to be aware of no method to combat the human desire for knowledge and for certainty of belief, other than to forbid research and examination. But ordinarily these religious leaders have not been proved to be intellectually so superior that they alone are capable of spiritual discernment. Had they such superiority they would not resort to the use of civil laws and brute force to prevent the investigations which they fear, nor that which refutes and contradicts.

Too much is believed because it is the custom to believe it. But custom cannot maintain its hold in the face of free, open, and peaceable discussion. Religious leaders especially are inclined to invoke custom and tradition as proof for the accuracy of dogmas rather than to appeal to reason and intelligence. To believe that kings were such by Divine right, was once the custom, but custom was soon dethroned when men began to think. To believe that certain individuals are the custodians of truth by Divine right is the custom among some today, but that custom also will topple from its throne when men begin to think for themselves and to investigate by discussion and other means.

Let us therefore not submit to rationing of the right to think for ourselves or to enter into peaceable discussion.

Hiccups

ALTHOUGH most people think they know how to cure hiccups, doctors admit that they do not know. A sixty-year-old retired building contractor had hiccupped six times a minute for nearly two years in which time he lost ten pounds weight, spent nine months in hospitals, and consulted sixty doctors, all of which did him no good. Then he tried bending over at the waist while drinking from the far side of a glass. Half way through the second glass his hiccup stopped.

A young woman, nineteen years old hiccupping at the same rate, tried the scare technique by having an hour's hazardous stunt riding in an aeroplane. She confessed she was almost scared to death, but it did her no good for she still hiccupped six times per minute. Doctors finally cured her by crushing a phrenic nerve.

Cure for Drunkards

ANCIENT Rome drunkards were forced to drink a cup of wine in which there was a live eel, the idea being that this lively cocktail would make them disgusted with all future such potations. A modern variation of this treatment is to give the alcoholic an injection of emetine before taking his favourite drink, which soon causes nausea and vomiting. After several such experiences the drinker begins to detest the taste, smell, and sight of liquor. Another variation of the treatment is the use of injections of gold chloride which do not produce the nausea but are supposed to destroy the taste for liquor.

Capital .

Manila is no longer the capital of the Philippines. Quezon City, ten miles northeast of Manila is to be built as the new capital. In dedicating the new location, President Quirino said: "Manila will be our show window, and Quezon City our workshop."

Land Reform

Japanese land reform laws have permitted 2,000,000 peasants to become landowners since the occupation of their homeland by American armed forces.

Fast

Bernard John Doherty, a fiftyone-year-old osteopath in England, lived for thirty-two days on two glasses of orange juice and one cup of tea per day. At the beginning of his fast he weighed 210 pounds, and at its close 190. But he said he felt "fit as a fiddle."

Eskimos

Eskimo men whose diet as a matter of necessity is largely or entirely flesh food, die at the average age of twenty-three years.

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Children

MME. SINAIDA VASSILEFFE of Moscow, according to records in Leningrad's Science Academy, has borne sixteen sets of twins, seven sets of triplets and four sets of quadruplets—sixty-nine children in all!

Cars

RECENTLY the 100 millionth motor car rolled off the assembly lines in the United States. One sixth of all the business concerns in the United States are either manufacturing, selling, servicing, or are in other ways dependent upon the use of motor vehicles. About nine million persons are in some way connected with the business.

Nail-Puller

When a four-year-old boy in Atlanta, U. S. A. swallowed a nail recently, the doctors gave him a malted milk drink containing a small magnet attached to a cord. After six hours the boy said he heard a "click" inside. The doctors carefully pulled on the cord and brought out the magnet with the nail sticking to it!

Age

AGEING is brought about when our brains become old, believe some doctors. One-celled animals remain immortally young, because they are constantly dividing to form new individual cells, but brain cells cannot keep themselves young in this way because of their limited space. Over-use will not hasten the brain's ageing process, but a little-used brain is more likely to deteriorate.

Traitor's Castle

ALTHOUGH the housing shortage is as acute in Norway as anywhere in the world, no one there will either buy or lease the fabulous castle that Vidkun Quisling, the notorious Nazi traitor built for himself. The government is considering turning it into a home for the aged.

Ice

ICE that will not melt until heated to a temperature of 370 degree Fahrenheit has been produced under tremendous pressure.

Pitch-Blende

Atomic energy ore is much more widely distributed around the globe than is commonly supposed. The Belgian Congo has been found to contain the largest proved pitch-blende deposits, which are the richest source of uranium. Lodes are simple to detect with a Geiger counter.

Tubeless Tyres

THE Dunlop Company informs us that during World War II it produced large numbers of tubeless bullet-proof tyres, but these ran at normal atmospheric pressure-that is they were not pressure inflatedand, on military vehicles, they gave excellent service. A modified version which was pressure inflated was also made for experimental purposes but the military authorities did not consider it of good enough practical merit. Both types of tyres were heavy and too expensive for general use and, also, had a reduced cushioning value so that riding in a vehicle equipped with either was a bumpy business. In order to be acceptable a tubeless tyre would need to be fully resistant to the hazards of major punctures and cuts, or considerably cheaper than the orthodox tyre of today employing an inner tube. Information on these points is still lacking but no doubt motorists will watch future developments with the keenest interest.

Broach Sanitary Association

THE Broach Sanitary Association is worthy of being widely emulated throughout India and Pakistan. Their activities cover various lines of sanitation and health promotion. This year their committee of the Baby and Health Week celebration, celebrated at Ankleswar, at which time exhibitions and instructions were given in maternity and child-welfare, malaria, smallpox, tuberculosis, cholera, village sanitation, plague and flies. Eight villages were selected for the Baby Week Health competition, from which 203 babies under two years of age were examined and prizes awarded to about twenty.

NE of the most valuable foods of vegetable origin that we have today is the yeast plant. Yeast is of three general types-bakers', brewers', and food, or primarygrown yeast.

Bakers' yeast, used chiefly to raise bread and rolls, is valuable food, but only a little is used in each loaf. It must be thoroughly baked to be useful, for, like many foods, the raw, or "live," yeast is not fully utilized. Also it may cause digestive upsets.

The other types are boiled or dried at above pasteurizing temperature and do not ferment.

The brewers' yeast may be debittered. Some strains of this yeast are milder in flavour. It is used medicinally, added to the milk formula of some infants in hospitals, and employed to fight pellagra, for which it is a specific cure.

Food yeast, mild in flavour, has been used more than we realize to fortify food for the armed forces and in food distributed to the undernourished in war-torn countries. This type is used in some industrial feeding, to make up losses when food is prepared in large quantities and kept hot. Only three ounces to a gallon of food was used, so workers could not taste it. This type has been sold in limited places to housewives, to enrich the family diet with B complex vitamins, and protein of high biological value, and needed minerals.

It is easy to learn to like dried yeast powder. It may be mixed in milk, tomato, vegetable, or fruit juices; or peanut butter (four ounces in one pound of peanut butter. Adults and older children may eat as much as two ounces of this mixture daily.)

Yeast is one of the best sources of the B vitamins you can select. Thiamin, or vitamin B1 is the one we hear most about. It cures nutritional neuritis and the nervousness resulting from mild deficiency of this vitamin. All strains of yeast are high in this vitamin.

Riboflavin is the one you need for eves that itch and water. Niacin, the preventive and cure for pellagra, is also useful for milder disorders such as lack of energy resulting from the vitamin deficiency.

These three vitamins are now produced cheaply as synthetic chemicals, but yeast is more valuable because it also carries all the other B complex vitamins, including folic

THEYEAST PLANT $VALUABLE\ FOOD$

DORIS McCray

acid, pyridoxine, and some ten or more other vitamins.

You can get dry yeast in chips, powder, or tablets. The chips are a granular form that you can sprinkle over breakfast cereal or green salad, dissolve readily in soups or beverages, or use in cooking. The tablets are most expensive, but they are palatable and easy to swallow with a glass of water. The powder form makes excellent seasoning for soups, roasts, and egg dishes. The food yeast comes with directions on how to add to gravy, main dishes, or entrees, vegetables and their sauces, and all baking. In bread the ordinary cake of bakers' yeast is used to raise it; then the dry yeast is sifted with the flour as an enrichment in-

Yeast extract is more concentrated and highly flavoured, resembling meat bouillon. It is made from dry yeast by cooking, usually under pressure. You can get this yeast extract with added vegetable flavours to use in meatless dishes, soups, and such like, but you will not be able to add as much of it as of the more blandflavoured food yeast.

Pure yeast contains about fifty per cent protein, and for this reason supplements cereal and vegetable proteins. It is a complete protein, but a little low in sulphur, so should be used along with eggs and milk. It is one of our best plant proteins, in a class with wheat germ, rice polishings, and soya beans.

Yeast contains from one and a half up to nine per cent fat, depending on the strain of yeast selected, and may be irradiated, but this product is being used by hospitals and for food enrichment now.

The minerals in yeast include phosphorus, potassium, magnesium, calcium, traces of sodium, iron, copper, zinc, and others-all useful in nutrition.

Like all plants, yeast is "seeded" from carefully selected strains, and after it is grown, the crop is harvested-all in a matter of hours instead of weeks. The principal types of food that yeast needs are sugar, grain, fruit juices, the liquid byproduct of paper mills, or molasses. În addition to one of these sources of carbohydrate, it needs nitrogen in a form it can use to make its own protein, and enough vitamins and minerals. More thiamin is in the yeast if more is provided in its nutrients. Some strains of yeast are especially high in riboflavin. The label usually tells the vitamin content.

Dry yeast has given striking results among the undernourished who, because they usually suffer from a multiple deficiency, need several different vitamins. Aside from definite pellagra, beri beri, or ariboflavinosis. a highly irritated gastro-intestinal tract with gas pains, is often cured with yeast. Usually from one-fourth to one-half ounce is given but in some hospitals the amount given is as much as four ounces daily.

Whether you need yeast depends on your condition. But because it is a food, not a medicine, it is all right to use some in meals. It is a food destined to become increasingly important in the future.

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VARICOSE veins are dilated blood vessels which have become elongated and tortuous. They often lie rather close beneath the skin, where they can be seen as bluish lines or ridges. Varicose veins occur in various parts of the body, but the legs and feet are most frequently affected.

Statistics show that out of one hundred with varicose veins, sixty-five are women and only thirty-five are men. Varicose veins are common with persons who are compelled to work in a standing position for long periods without rest and without the muscular exercise furnished by walking. Some occupations conducive to the development of varicose veins are those of ironers, bakers, barbers, salesmen, cooks, and factory workers.

Women who have had several births are likely to have varicose veins. But the varicose veins which have been produced by pregnancy and childbirth may shrink gradually and disappear. A constitutional weakness of the vein wall may be inherited. Predisposition to flat feet or knock-knees may favour the appearance of varicose veins. In the case of a flat-footed gait, the body weight is shifted from one foot to the other without contracting the proper muscles, and this increases the tendency to formation of varicose veins.

Growths in the abdomen are able to produce dilatations of the veins, and so can chronic constipation, heart trouble, liver trouble, or changes in the blood vessels, particularly after infectious diseases. Circular garters, worn above or below the knee, may be another cause of varicose veins. Harmful also is the effect of tight shoes. Only com-

fortable and well-fitting shoes, which make walking and standing a pleasure. should be worn.

Norman C. Lake has described a condition frequently experienced by women. Although varicose veins are usually found above the ankle, owing to the support provided by the shoe lower down, in women wearing strapped shoes they are sometimes found on the foot itself, affecting chiefly the venous arch over the middle of the foot. Here they are subjected to injury by the shoe, and a painful phlebitis (inflammation of the vein) may develop.

Legs with varicose veins feel heavy and tired, particularly in the evening after a day's work, or after long periods of standing. There may also be cramplike pains in the muscles of the calf, which are worse at night than during the daytime. They may rob the patient of hours of sleep. The presence of varicose veins is one of the commonest causes of swelling (edema) of the ankle. Swelling of this type disappears when the patient remains lying down, and in minor cases is only seen at the end of the day.

Most unpleasant is an accompanying itching of the skin. The skin of the leg may be affected, anywhere from the knees to the ankles. Both legs are usually affected, one more than the other. After varicose veins have existed for some time, and after they have grown to form knots and sacs, there may be other complications, such as bleeding from a ruptured vein, the formation of a clot which obstructs the (thrombus) vein, painful inflammation (phlebitis) which is accompanied by swelling of the affected parts of the leg or foot and stiffness and hardening of the veins, eczema of the leg with discoloured skin, or the formation of an open sore (varicose ulcer). Fortunately the foot frequently escapes such complications due to the support of the sheltering shoe.

Strict personal cleanliness is an important aid in the prevention of varicose inflammation of the skin and of other complications. Early treatment and cure of varicose veins will help in avoiding complications. The longer the condition exists, the more damage is observed in the valves of the veins. The treatment of varicose veins is intended to reduce the pressure of the blood column on the valves and walls of the dilated veins.

Bandages and stockings may be used for this reduction of blood pressure. Rubber bandages and rubber stockings are able to conceal ugly knotted veins and are a cosmetic help in this way—which is an important psychological factor with women—but the skin cannot breathe freely under such rubber stockings, and consequently complications are frequent. Elastic bandages and elastic stockings are better, which through their elastic but porous weaving, put the needed outside pressure upon the veins.

Rubbing the limb from below upward, cold douching to the calves, and moderate walking or cycling exercise are beneficial in improving the circulation in the veins. The right diet is important, with good care that the bowels move regularly and without undue pressure. A stimulating diet may be helpful, preferably with much fruit, fruit juices, vegetables, and salads. Tight garters and sock suspenders should be avoided. The shoes should fit the feet comfortably. Whenever feasible, the patient should rest with the limb elevated. When varicose veins and varicose ulcers occur with foot strain and flatfoot, adhesive strapping may be used to advantage.

In former times, a common method of treating varicose veins was by operation. This method has been abandoned by many physicians and surgeons since the method of injections has been discovered. The principle of this method is to inject a solution into the veins, such as sodium salicylate, sodium chloride, quinine, and urethane, glucose, or potassium oleate. Injections cause the veins to shrink and be obliterated. Many patients are able to attend to their regular duties throughout this treatment.



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OFTEN call this mental malady "escape mechanism malady," i.e. an attempt to escape from a situation which is unpleasant-an unwillingness to face facts. But it is produced unknowingly, instinctively without volition, on a sub-conscious plane and about which the patient is unaware. Price has said in his Text Book on Medicine that none of us is immune to causes of hysteria provided they are applied forcibly enough and for a long enough time. The last two wars showed how hysterical paralysis developed dramatically. Time and again I saw soldiers who had become totally blind, deaf, and mute, who were paralyzed in one arm, or one leg, who had tremors and had abolition of sensations so that needles could be plunged deep into the anæsthetized parts without any pain. They had never suffered any injury, except that of sudden mental shock; e.g., seeing a comrade blown to pieces, etc. The hysterical paralysis produced a condition which at once made them unfit for service in the field.

I used some methods to cure these sufferers. The deaf and mute ones were anæsthetized. When they began to recover consciousness their names and numbers were called out as on parade, and they were ordered to shout their names and numbers. In this half-dazed, dreamy state, they obeyed and while hearing themselves speak were cured. In other words the escape manifestations lurking at sub-conscious levels came up into the range of consciousness. When I speak of subconscious level I do not mean something forgotten, but mean something which cannot be brought into the field of consciousness by the ordinary process of memory.

Mental shocks which produce hysteria in the field also occur in civil life. I shall cite a few cases:

a. Hysteria masquerading as intestinal obstruction

A doctor's wife suddenly developed distension of the abdomen on May 26, 1940 accompanied by vomiting. An enema produced poor results and this condition continued for a month. In the meantime pituitrin, prostigmin, gynergen, etc., were tried without effect. An X-ray after a barium meal showed tardiness and lingering in the transverse colon. This continued until July 20, when the case was diagnosed as chronic intestinal obstruction and exploratory laparotomy was decided



upon. I suggested that the operation be performed with the aid of a spinal anæsthesia. No sooner had 3 c.c. ethocaine been discharged into the subarachnoid space than the distension disappeared like magic and the patient was cured. What happened was that the sympathetic system which maintained this condition was completely paralyzed, resulting in the disappearance of the distension. By investigating the patient's history, trauma was traced and a remedy applied accordingly. The husband who had himself become neurotic from anxiety readily agreed. The lady admitted that her husband's interference in the household duties which are the domain of a woman. had dragged her into a desire to take to bed for some years so that her husband could have the opportunity of managing the show him-

b. Hysteria masquerading as æsophageal neoplasm

A bed-ridden lady who had suffered from vomiting after food, de-veloped anæmia and was reduced in weight to a mere skeleton. She consulted me in July 1947. Investigations already undertaken had been negative. Hysteria was diagnosed and the patient removed from family environments and put on the Weir Mitchell line of treatment. Auto-suggestion augmented by belladenal the inhibitor of vagus, was applied. The condition receded. The trauma was traced to impotency in the husband which could not be cured. Accordingly palliative measures and proper understanding of the position put the patient in a reasonable frame of mind. She is now living separately with the husband and is no more the source of gnawing anxiety.

c. Hysteria masquerading as cardiac disease

An eminent doctor at the end of his tether, brought his wife for consultation. Oppression in the chest, palpitation, dyspnœa, fatigue, giddiness, were prominent symptoms. Being his second wife (the first still living) he was doting on her and would not part from her for even one day. Examination revealed no physical abnormality. Probing revealed that whenever the doctor went home late she was subject to such excruciations. I advised the husband to send her away to her parents' home for some time. This broke the vicious circle. I was later informed that the trick had worked.

d. Hysteria masquerading as bronchial asthma

A young girl frequently had attacks of asthma. When I saw her she had a respiration rate of 60 per minute and a fast pulse—a very sorry picture panting for breath. Examination revealed no physical basis. Adrenaline had no effect but injection of bellafolin succeeded partly. History revealed a frustrated mentality. A course of bellafolin by mouth, assurance that there was nothing at all wrong, and marriage, set things right. She was an adopted child of an uncle, both parents having expired.

e. Hysteria masquerading under skin disease

A bed-ridden Indian lady came under my care when I was practising in London many years ago. She was suffering from intractable boils in the ischiorectal region. Some of these developed into abscesses and had to be incised one after another. This went on for about three months without remission in spite of treatment. She was

examined psychologically and it was found that she had wanted to live by herself in London, but the husband had placed her with relatives. This had gone on for a year. She had been through one winter and another winter was fast approaching. The husband was very worried. It was suggested that they should return to India. Accordingly she was carried in an invalid chair and embarked at Marseilles. No sooner had she passed Malta than all the boils disappeared and she was able to move about actively to the surprise of every one who had observed her condition with concern at embarkation. When therefore next time they visited England, the husband rented a service flat and the lady kept perfect health.

G. G. Robertson (1947) has stressed admirably, the psychological effects of skin diseases. Critics who may still query, can recall the common reactions peculiar to some individuals who develop "goose skin" when sand paper is rubbed on the floor. If the skin can blush with shame, blanch with fear, sweat

with anxiety, why can't it weep with stronger psychic trauma? Shakespeare, that great psychologist, has said in Macbeth, "Sweat thy brow, let thy two eyes start like stars from their spheres and thy hair stand on hend like that of porcupine." This is autonomic sympathetic nervous action. I shall close by quoting my late teacher who used to say "when you are defeated by eczema in a man, remember cherchez la femme, i.e., dis-harmonious relations with the female."

Above are just a few examples, but that hysteria may even produce glycosuria will be apparent from what Laugdon Brown has said:

"Mental conflict, if it expresses itself at the psychic level of the nervous system—the result is obsession or a phobia. When at sensory motor level—the result is paralysis, tremor or anæsthesia, and when it sinks deeper to the visceral level the result is exophthalmic goitre, asthma or even glycosuria."

Thus the list is inexhaustible but the above cases will suffice.



AEROSPORIN is an antibiotic, i.e., a substance lethal to bacteria, and is made from the bacillus aerosporus, which lives in soil and in the air.

The most important feature of this new antibiotic is that it seems more effective than streptomycin in combating certain illnesses or their causes. For instance, it has been proved by experiments that aerosporin gives mice complete protection against fatal doses of whooping-cough germs, whereas streptomycin fails entirely and sulphonamides are only partly effective.

BRITISH DISCOVERY

The process of isolating the bacillus aerosporus out of air and soil, and of producing an antibiotic from it, was described in the London periodical, Nature in 1947, by its discoverers, the British scientists, G. C. Ainsworth, A. M. Brown and G. Brownlee. Since then, George Brownlee and S. R. M. Bushy have described the chemotherapy and pharmacology of aerosporin in The Lancet, of January 24, 1948, giving

many details, including comparative tables showing the minimal bactericidal dilutions of streptomycin and aerosporin hydrochloride for use against various specific types of germs.

The tables show that much smaller quantities of aerosporin, are needed than of streptomycin. In addition, the clinical dosage of pure aerosporin has no apparent toxic effects. The bacteria attacked either develop no resistance to aerosporin at all, or at least do so much less quickly than they do in the case of streptomycin.

Details of aerosporin's positive and negative properties, are discussed in great detail in The Lancet. Pediatric doctors will be particularly interested in P. N. Swift's article on aerosporin treatment of whooping-cough published in the same issue of the journal; it gives a comprehensive report on the first ten cases of whooping-cough treated with aerosporin, and a critical assessment of the treatment.

QUICK RESULTS

As far as any judgment can be made from ten cases, the data published shows that aerosporin is a faultless, rapid and effective cure for whooping-cough if there is no secondary infection. For cases associated with other diseases, various remedies have to be combined. But the administration of aerosporin undoubtedly begins to cure whoopingcough within the first 48 hours, however bad the attack. The quickness of the cure depends rather upon the promptness with which aerosporin is given after coughing sets in than on the severity of the case. So a really effective remedy has at last been found in Britain.

Aerosporin is not yet on the market, and therefore, cannot yet be used generally; but it is already being manufactured in the laboratories of the Wellcome Foundation in London, which are world-famous for their past achievements in pharmacology.—B. I. S.

POLIOMYELITIS, or infantile paralysis is a dread condition, and has, especially during epidemics, become the fear of all parents with young children. Of late years widespread epidemics have appeared, each claiming a number of immediate casualities, and leaving behind a quota of crippled and maimed, many of whom will have permanent disabilities.

The full medical name is anterior poliomyelitis. Anterior means in front; polio comes from the Greek, and is a prefix meaning grey; myelitis refers to an inflammation of the nervous tissue of the spinal cord.

To understand the situation, it must be explained that the spinal cord consists of grey matter and white matter. The grey matter is situated in the centre of the spinal cord surrounded by the white matter, and has the form of a fluted column that runs through the whole length of the cord from the brain. When the cord is cut across, the column is seen to consist of right and left symmetrical halves joined in the centre by a cross bar of grey matter, the whole being shaped like the letter H. The front projections of the H (the lower part of the diagram) are called the anterior grey columns, or anterior horns. The hind (or top) projections of the H are called posterior grey columns or posterior horns—posterior meaning the back part. The posterior horns contain sensory pathways on their way to the brain centres, and are therefore associated with sensation or feeling.

Now the anterior column is the home of the motor nerve cells. They are the cells that have long processes, called nerve fibres or nerves along which travel electrical impulses to the muscle fibres, causing these to contract. Muscles move by reason of impulses sent from the anterior hom cells. If the nerve is cut, the muscles are paralyzed. If the anterior hom cells are affected by disease, weakness or paralysis results, depending on the extent of the involvement.

Actually most movement starts in the brain in the highest motor centres and the anterior horn cells of the spinal cord merely pass on impulses they have received from higher up. They are, however, a very important link in the chain that is responsible for movement by contraction of muscles, and are the final pathway for nerve impulses.

Anterior poliomyelitis strikes

Polio-

Myelitis

J. W. KENT, M.B., B.S.

these anterior horn cells and puts them out of action in varying degrees. A germ believed to be an ultramicroscopic virus (that is an organism too small to be seen even by the microscope) gets into the spinal cord and attacks the anterior horn cells or the motor cells in the anterior grev column. How the germ gets in is a mystery, though it is believed that it enters via the nose and travels along the nerve of smell to the brain and down the spinal cord to the anterior horn cells. Some authorities claim it is a blood-borne infection that lodges in the anterior grey column from the blood. The disease may attack the brain, it may involve the upper part of the spinal cord (i. e., affect the muscles of the upper limb) or it may involve the lower part of the cord and so upset the lower limb. Finally it may involve the whole three parts or any

Now the motor cells of the anterior grey column of the spinal cord are seriously affected in poliomylitis. In mild attacks only a few are involved and most of them recover. Consequently the paralysis may be merely a weakness in the muscle or a transient paralysis of a limb that is slight, and does not last long. In very mild cases it may be overlooked for a while and may not be noticed

at all. In moderate cases there is a paralysis of whole inuscles, of groups of muscles, or of a whole limb. Recovery may be complete in time, but if the anterior horn cell actually dies, a permanent weakness results, or if many cells die the whole limb may be permanently affected. If the entire cord is affected, the patient is very sick, and generally dies. As the motor cells in the spinal cord that control muscles are affected, it is easy to see how the disease came to be labelled infantile paralysis.

From the viewpoint of an epidemic, the disease is very puzzling. There may be, in epidemics, a case reported here today, tomorrow a second one fifty miles away, the day after a third in a locality equidistant from the other two, and so on. In other words there is seldom any link of contact between cases. In other infectious diseases, measles for example, one can generally establish that contact was made between one suffering from the disease and the newly infected patient. No such contact has been demonstrated in polio and it appears impossible to establish. Yet monkeys can be given the disease if the nasal secretion of an infected case is sprayed into the nose and throat of the

A theory has been postulated to fit the case. It is that polio is a very common infection and that when it occurs it does so in widespread epidemics. It is believed to affect the individual in much the same way as a common cold or flu does, i. e., the child becomes feverish, with a flushed face, a headache, and a blocked or running nose. There may be vomiting and diarrhæa, and the child is generally drowsy. or irritable. This is called the pre-paralytic stage, and is believed to occur quite commonly in epidemics and with no further untoward results. The youngster gets well, and no more is thought about it.

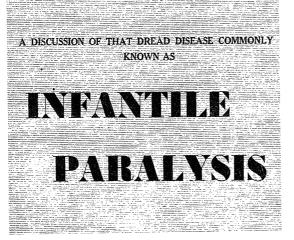
Very many children have the above attacks and nothing more. If examined carefully at this stage, two important features may show themto the diaphragm and the muscles of breathing with the result that the patient if left will die from asphyxia. This is the type of case that is put into the iron lung, and may be kept alive by continuous artificial respiration. In many of these, the anterior horn cells controlling the breathing muscles pick up and recovery may be sufficient to allow the patient to renew natural breathing after a period.

It is generally held that many children suffer from the catarrhal infection that can cause the paralysis, but do not show any paralysis. They are feverish and sick for a few days, get well without any untoward happenings, and thereafter are immune from the disease. That is why an epidemic when it occurs as it does every few years affects so many, in

that it involves all or most of the young ones who were not made immune by the previous epidemic.

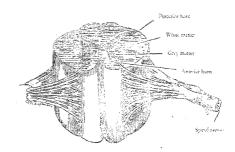
It is only the odd one or two—one here today, a second many miles away tomorrow and so on that show any signs of the paralysis, and even in these cases, most are mild and recover with care and treatment. In most the damage to anterior hom cells is slight, and they recover, so that the weakness and paralysis gradually disappear after a few months. If the involvement is severe, and many of the anterior horn cells die, the paralysis is permanent with wasting of the muscles or a whole limb.

From the above it would appear that precautions are pretty useless, and that most youngsters are infected at some time or other. The writer suffered from the condition as a child and had a weakness in his left leg for a few months, but recovery was complete. Parents can best adopt a fatalistic attitude and reason that the chances that their child will show any paralysis at all are pretty small, and if they should be unlucky enough to have their child manifest a paralysis even then recovery is practically complete in the vast majority of these cases. It is just the odd unfortunate that manifests the severe spreading form or if death does not occur, shows the permanent effects of the disease by a withered and wasted limb, or a permanent weakness in a limb. Medical science is working to find a vaccine and one of these days it is hoped that this will prevent any infection at all by giving an acquired immunity. Then anterior poliomyelitis will join diphtheria, gastro-enteritis, typhoid as one of the great diseases. relegated to the past. We certainly all hope for this.



selves. One is a pain down the back with tenderness so that the child cannot sit up without support, and the other is a stiffness of the neck with head bent slightly backward.

However, in a small number of cases, the pre-paralytic stage is followed by the stage of paralysis. Generally the extent of the paralysis is greatest at the time of appearance, and usually the affected anterior horn cells will improve to a large extent. An exception to this statement occurs in the spreading form, which fortunately is rare. The paralysis begins in the limbs and in the course of a day or so ascends to involve the trunk, and as it ascends further up the cord it involves the nerve supply



Diagrammatic Cross Section of Spinal Cord,

WATCH YOUR CHILD'S EYES

ARTHUR S. GRAY, M.D.

OF ALL the sense organs, the eye is the most highly valued. So profoundly is the eye associated with our personality that the average man, will strenuously object to the necessary removal of an eye blind from birth when it becomes diseased.

Care of the eyes begins before birth. There are several eye conditions that follow the law of heredity, such as colour blindness, degeneration of the retina or nerve layer of the eyeball, which causes night blindness, and a few other family eye diseases which should be discussed with your physician. Some of these eye conditions appear only a few times on twigs of the family tree.

There are other diseases which affect development of the eyes before birth. For example, it has been reported in recent years that epidemics of measles have produced a few defective eyes in children born to mothers who developed the complaint during the first three months of their pregnancy. Expectant mothers who have never had measles should certainly consult their physician if they are exposed to the disease.

Before Dr. Crede introduced the routine use of silver nitrate in babies' eyes at birth, gonorrhœa caused a large percentage of blindness. Now the number of blind children (as a result of gonorrhoea) entering schools for the blind has decreased spectacularly.

EYES IN BABYHOOD

Baby's response to fresh air and sunshine is greater now than at any other time in his life, but his eyes have very little protection, and are sensitive to light. Therefore, you should protect his eyes from direct sunlight without depriving him of its many benefits. Vision at birth is very incompletely developed, so do not be disappointed to learn that the little dumpling really does not recognize you by sight, but only by sound and smell.

Baby's eyes will be seen to jiggle and roll about and may even cross at times. Do not worry; he has not yet learned to aim his eyes together properly. After a few years of practice he will focus his two cameras together and point them in such a way as to form a single image.

NEAR- AND FAR-SIGHT

Our wonderful cameras, the eyes, are automatically focused by tiny muscles which by their action, change the shape and position of the elastic lens to correspond with distant and near vision. If our eveball happens to be too long for the strength of the lens system, we are near-sighted; when the eyeball is too short, we are far-sighted. Most of us are born far-sighted. As our bodies grow, our eyes increase in length until puberty when we can focus on very near objects with minimum strain. For this reason we should not allow the pre-school child to study fine designs, but encourage him to play with plain-coloured toys and picture books with large bold figures.

If the child's eyes are very farsighted, he has to put forth an extra focussing effort to maintain clear vision. Focus effort is early associated with the muscles that turn the eves in or out. At this critical time. should some illness occur, the child might use but one eye because of a strong desire to see clearly. When this happens, the child is cross-eved; he does not see double, he sees clearly with one eye and does not use the vision of the eye turning in. It is important that cross-eyed children be taken to the doctor when the condition first develops. The doctor's first aim will be to restore binocular vision so that the two eyes will focus together, and secondary to this will be the aim to straighten the eyes.

The first step is an examination to determine whether the child needs glasses. With patience this may be performed on anyone over six months of age. If one is far-sighted the adoption of glasses will in twenty-five per cent of the cases correct or greatly improve the squint. When your doctor advises glasses for the cross-eyed child, as parents, you should make the best of an undesirable situation by complying at once.

The second step in restoring the vision of the weaker eye, is accomplished best under six years of age by patching the stronger eye, thus forcing the child to use his lazy eye. He must unlearn the had visual

habits he has been forming, but only under the close supervision of your doctor; otherwise he will simply exchange one set of bad habits for another.

Parents vary much in their reaction to suggested surgery. On the one hand, mothers who do not like to wear glasses have been known to insist on surgical correction of their daughter's crossed eyes even when it is proved that the constant use of glasses would make an operation unnecessary. More often the reverse is true. A father, for example, will not permit surgery on his son because of a hope that eventually the eyes will straighten themselves.

Unless a child is cross-eyed or has some bad facial habit, such as scowling or blinking the eyes, he is seldom seen by an eye specialist. Therefore, parents should include with the routine pre-school physical check-up, an examination of the eyes with drops, Many children pass the ordinary visual tests for years without disclosing their need for glasses, because a far-sighted person may see well enough to pass the ordinary tests with extra effort. There are three times as many far-sighted children as near-sighted in the first five grades of school.

The near-sighted person lives in a world of constant blur, although he has little eyestrain. He avoids physical games and contacts with folk whom he cannot see clearly: he usually enjoys the world within his visual reach. He may become a bookworm or a child of mental hobbies. As he grows older the nearsightedness normally becomes somewhat more pronounced; however, if your child shows a severe progressive increase in his near-sightedness. a thorough search will have to be made by your doctor for evidence of chronic disease, dietary deficiencies, or other faulty body processes.

AFTERMATH OF INFECTIOUS DISEASES

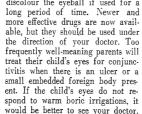
All infectious diseases in children begin like a common cold and are often accompanied by mild congestion of the eyes and sensitivity to light. An outstanding example of this is measles. It is now considered more hygienic to place these patients in a light, well-ventilated room and have them wear dark glasses with side protectors rather than confine them in a dark room.

Conjunctivitis means inflammation of the sensitive membrane covering of the eyeball and lining of

the lids, and often represents an extension of a common head cold. If saturated boric acid is kept on the family medicine shelf to treat such conditions, it should display a poison label, because there are a few baby deaths caused every year by the ac-cidental use of it in the place of lime water in the baby's formula.

Freshly prepared argyrol may be used in mild conjunctivitis, but it has two disadvantages; namely, that it deteriorates within a few weeks,

and further, that it may permanently discolour the eyeball if used for a long period of time. Newer and more effective drugs are now available, but they should be used under the direction of your doctor. Too frequently well-meaning parents will treat their child's eyes for conjunctivitis when there is an ulcer or a small embedded foreign body present. If the child's eyes do not respond to warm boric irrigations, it



NATURAL FOOD R C HARDY, F.Z.S.

THE HEALTH of the Arab, like that of the Eskimo, is being ruined by processed modern foods which, imported in great quantities into Eastern lands in recent years, tend to replace the natural foods of his almost vegetarian diet. For the Arab comes from the desert; his ancestors were the nomadic bedu who today are being driven farther into the trackless sands of Arabia and Transjordan.

I found the bedu (plural of bedouin) among the healthiest and hardiest people on earth. For there is a great difference in living on the desert's frugal fare and living in the desert with food imported for the

purpose.

Over vast areas of North Africa and the Near East the staple diet of the Arab consists of dates. Those who have eaten only the hard dried dates little realize the deliciousness of fresh, succulent, sweet dates in their rich reds and vellows as they come off the date palms in late summer. In September the great date harvest of the East is the vital food factor of the year. Not only is the date an excellent confection, but its food value rates very high, for it contains all the necessities of a balanced diet with a very low percentage of waste. Seventy per cent of the edible material consists of sugar, and as little sugar cane can be grown in the Near East beyond Egypt, dates replace sugar over a wide area.

The date sugars comprise glucose and fructose which is absorbed into the body much more quickly and simply than ordinary table sugar. Also the date contains about 21/2 per cent fat and about 2 per cent protein, also in a readily assimilable form. Thus with all this carbohydrate the date is a great energy producer to the Arab. Its calorific value is higher than any other commercial fruit. One pound of dates will provide over 1,330 calories of body fuel. A pound of dates gives far more food value than the same weight of beef, or pork, or bread, nearly twice that of an equivalent weight of eggs, more than three times that of potatoes and nearly four times that of chicken! As thousands of Arabs consume several pounds of dates a day throughout their lives it is little wonder that they are among the healthiest and most vigorous members of the human race when away from congested towns and unnatural living.

MILK AND FRUIT

Not content with the nutritive qualities of the date the Arab often adds to his diet the walnut and pistachio nut. He also drinks freely of goat's milk and water. He eats flesh rarely; usually at some feast to celebrate an honoured visitor, or the end of the great fast of Ramadan; but these occasions are much rarer than is supposed.

In western Levant the great citrus industry of Palestine has extended the use of the orange and grapefruit which now form an important feature in the Arab diet. I used to see trains on the old Hedjaz railway in Amman, capital of Transjordan, loading up with oranges brought by lorry from Palestine. In Egypt, of course, the banana is second only to the date as a natural food. Water-melons play the third most important part of the diet in both countries.

ARAB HERB LORE

The Arab is also a great exponent of herb lore; wild salads and seasonings are prepared according to recipes that have been handed down for generations.

They make a flavouring spice called "Za'ata" from Origanum maru, a sort of marjoram, and a stronger one from the wild purple thyme, or by grinding up summach leaves, sesame seeds, and Origanum maru, and using it instead of salt on their tomatoes and eggs.

They make a "salop" from the roots of the bee-orchid and the purple orchid and use borage for flavours and salad (for it has a cucumber smell). They make salads also from the leaves of the common yel-low thistle-like "Spanish oyster plant," so numerous on the dry limestone hills of Palestine and Syria in the late summer. From the prickly pear cactus or Opuntia in North Africa and Syria they take the young buds, and ridding them of their spines, cook and eat them.

About 110 wild plants of the Near East are used as food by the Arabs. mostly for salads and seasonings. They boil or bake the root of a flowering rush which grows in Lake Huleh, the biblical Waters of Merom, and eat both root and leaf of the convolvulus and of the tall blue bellflower, Campanula Ranun. culus, of the hills. From the sweet locust-beans of the carob-tree they extract a honey-like juice for preserving fruit. In baking they use the pleasant seeds of Coriandum satisum, and the haws of the wild hawthorn. Cratacgus azarolus are sold in the Arab markets.

In the Jordan valley the seeds of the Persian lilac are eaten or used for an aromatic oil, while the roots of the common red poppy and the bulbs of the Pancratium are ground for flour and used in their bread-

So one might go on. Most of these plants have been eaten since Bible times, and I have a vast list of herbs used by folk as remedies for their ills. Of their fruits, the Israelites found the pomegranate. vine, and fig in cultivation when they entered Palestine from Egypt. There are sweet, sub-acid and sour varieties of pomegranate grown now. The apples, though rather tasteless came from the Black Sea area originally, but Rameses II grew them in the gardens of the Nile Delta.

Is Yours a Chronic Illness?

PHILIP A. CARPENTER, M.D.

NE of the great problems of medical science is concerned with the exact diagnosis and appropriate treatment of certain chronic diseases. And occasionally such a disease fastens itself upon some individual and becomes a deeply personal concern to the patient and his family. It is important, therefore, that the layman understands what the essential problem of chronic disease really is and how he may best relate himself to it. So, a few words may be addressed to this question with profit to the reader.

It is well to emphasize at the outset that not all chronic diseases are incurable nor on the other hand that all acute diseases are curable. There are some chronic diseases. such as tuberculosis, which can be completely cured or definitely arrested by appropriate treatment. Ground is being gained in the fight against cancer, and particularly against the long-delayed effects of syphilis. On the other hand, there are some very virulent acute diseases which are rapidly fatal and for which medical science has no cure. But we are here concerned with those persistent diseases which result in a protracted period of illness

and disability. Sometimes they are curable, sometimes not. If the patient or his responsible relatives can deal with these situations intelligently it may be the means of saving a great deal of expense.

One usually becomes aware of this

One usually becomes aware of this group of conditions only when a prolonged period of treatment at the hands of one or more physicians fails to bring about relief. Sometimes the problem seems to be one of diagnosis, it being difficult to determine the exact nature of the disease. At other times the nature of the disease is perfectly evident, but the treatment applied has proved ineffective. Not infrequently the attending physician will frankly tell the patient or his family that he has tried every known remedy without avail.

What, then, is to be done?

There are several wrong answers to the question, and perhaps a few of these should be named in order that they may be avoided. Perhaps the least serious of these wrong answers is the bad habit of "medical shopping." Many such patients go from doctor to doctor in a vain effort to secure relief. Such was apparently the case of the poor woman

described by Luke who "had spent on doctors all she had, none of them being able to cure her." After two or three reputable general practitioners have looked carefully into the problem of such a disease and have said that they can do nothing by way of treatment, it is simply a waste of funds to keep shopping around in the vain hope that someone will have a magic cure.

It is even worse to resort to the lunatic fringe of quackery. There are numerous practitioners of the various cults and schools, who, because of their ignorance of the nature of the disease in general, make rash promises as to what they can do after a series of twenty treatments. more or less, usually for a definite consideration-with payment often in advance. It is a futile hope that such a charlatan with a few months of indifferent training can accom-plish more than a skilled physician with many years of study. It just does not make sense. And yet, it is remarkable how some otherwise intelligent people will succumb to the blandishments of gilded promises and pay out hard-earned money to foster these "black arts," for such they are in effect if not in actuality. Millions of rupees are spent annually in this country alone for treatment at the hands of these irregulars. No small part of the much vaunted "high cost of medical care" is to be traced to misspending of money in this fashion.

Another wrong answer is self-diagnosis and treatment. It formerly was stylish among the upper classes to go to hot springs or the spas in order to get relief from some of these chronic illnesses. Among sturdy pioneers it was the practice to boil up a concection of herbs and then drink the horrible stuff. And the barbarians stuck hot needles into the body or used other similarly senseless practices. The probability that one might happily land upon a cure by chance is very remote indeed.

But what is the right procedure in these chronic illnesses? In the first place, it would be the part of wisplace, it would be the part of wisplace, it would place the patient that he has no further suggestions as to treatment, to request a consultation. This would place the problem directly in the hands of one who would be best qualified to understand the case. Although such a consultation would involve some

expense, it would be far cheaper to do this first rather than wait until one has spent considerable money going from one general practitioner to another. If this consultant requests certain laboratory procedures, these tests should be done. Then, when all the information is at hand. a study of the problem can usually either settle the question at once or at least indicate the path to be followed in the future. If doubt still lingers, it may be advisable to have a second consultant review the findings of the first and give an independent opinion.

If as a result of this programme a definite plan of treatment is indicated, then this should be followed faithfully. If no definite programme of therapy is evident, then a good regimen of healthful living is to be followed as outlined by the physician, together with such medication which will give relief from any distressing symptoms. A balanced diet, a sensible proportion of rest and exercise, fresh air and sunshine, pure water and a clean skin, will go far toward restoring a disturbed physiology.

But perhaps the most important thing of all in such a case is to develop a calm trust in the Great Physician, who has a solution for all human problems. He may have important lessons of faith and trust for those who may be called upon to suffer affliction. There are many people in this world who suffer from chronic disease but who are still very useful citizens in the family and community. The lesson of

their lives is not to be lost upon us. Not all disease can be cured, and some diseases result in fatal issue. To a physician there is no more disheartening task than to have to deal with this fortunately small group of progressive diseases. The honest physician will make this unpleasant fact known to the family as soon as it becomes evident to him, so that they may be prepared for the inevitable. But there is comfort even in this fact. It is much better that the patient arrange his affairs in a sensible manner, and usually this is done with the courage and fortitude which the occasion demands. And even to the family soon to be bereaved there is not an unmixed blessing. As William Osler, the renowned physician, so often said, "The seen arrow loses its force." What we can anticipate we can prepare for.

There's many a man in our land Who thinks he's wondrous wise; He spends his health in gaining wealth Until he nearly dies; And when he sees his health is gone, With all his might and main, He spends his wealth regaining health; Then starts all o'er again.

When death comes, "as it must to all men" at some time and place, there is a certain satisfaction in knowing that nothing was left undone to give relief to the patient from his suffering and to make his remaining days as peaceful as possible. It is this assurance that assuages the grief of those who must

remain and carry on. Not infrequently in these "problem cases," particularly when death comes in a hospital, the attending physician may request permission to have an examination made of the body to determine the exact nature of the disease process. This examination is done by a trained pathologist who is prepared to make a complete analysis of the various organs and tissues in an effort to see just what has taken place. This is done in such a way that no disfigurement of the body results. The examination is usually made without charge to the family in the interests of science. In the past centuries, because of superstitions, such examinations were not often done, but at the present time in the great majority of cases of death in well-recognized hospitals such examinations are performed. That so high a percentage of such examinations are done at the consent and even request of the family is a high tribute to the intelligence of our age. It is on the basis of these studies that medical advance is often made possible, and the best doctors are those who best understand how disease actually affects the various organs and tissues of the body, as is shown by the body after death.

It is always possible for the family to learn the exact results of this examination at a later time, when such matters can be discussed unemotionally. Either the attending physician or the hospital pathologist will be glad to go over the exact findings with the family and point out such features as may be vital for them. Not infrequently some important questions as to the possible communicability or inheritance of the disease can be answered. At times other members of the family can be saved from the same disease by this advanced warning.

So, let us learn the important fact that chronic and incurable disease does not always have the fierce aspect which we sometimes assume. In any case, it is important to learn the facts by careful medical study by a competent physician, with consultation with a specialist if necessary. If treatment is indicated, it should be faithfully carried out. If not, the best of a bad situation should be made. If death comes, the correct answer to the diagnosis of the problem can be found in an examination of the body by a competent pathologist. In this way information valuable to the advance of science, as well as for the satisfaction of the family, can be obtained without any harm to the one who has been called to rest from his labours.



ENTAL decay is one of the oldest as well as one of the most prevalent of human diseases. It has been found in the mouths of the mummies of Egypt, who died hundreds of years before Christ. It seems to develop in the wake of civilization, for primitive races are comparatively free from it. However. when they contact and adopt the habits of civilization they soon succumb to its ravages. Only a few years are necessary to note a change in tooth resistance to decay when once modern life and eating habits are acquired.

The question of the scarcity of food does not seem to enter the picture as illustrated by the astonishing fact that in the United States, where obtain the highest standards of living in the world, the people now have two billion cavities in their teeth which need filling, to say nothing of those teeth which have passed beyond repair and need to be extracted. In contrast to this, in India, with its teeming millions on the borderline of starvation, the incidence of dental decay is negligible. particularly among the poorer class who live the ordinary life with simple, natural foods.

These facts seem to show clearly that something in the way and plan of living and eating among our modern nations must have a definite bearing on dental decay, though as yet no specific single cause has been proved to be the producer of this malady.

Over fifty years ago Dr. W. D. Miller, a bacteriologist and investigator of the causes of disease, suggested in his book Micro-Organisms of the Human Mouth, that dental decay is produced by lactic acid created by the action of oral bacteria on the saliva to form a sticky substance, which he called a bacterial plaque. This plaque adheres to some vulnerable place on the crown of the tooth, and with the acid-forming bacteria thus sealed to the enamel surface its acid begins to decalcify the tooth structure until an opening is made through the enamel. Once inside, these acid-forming organisms proceed more rapidly to eat out the mineral substances of the dentine or inner structure. Following this process, another group of putrifying bacteria, called saprophytes, liquefy the remaining organic matter and leave an actual opening into the tooth.

J. RUSSEL MITCHELL D.D.S., F.A.C.D.

Many present investigators of the acid theory of decay seem to have proved that the earlier findings of Dr. Miller are correct in principle. Since the mouth is an ideal incubator for micro-organisms, we can nearly always find in it the lactobacillus, the bacillus acidophilus and some forms of the streptococcus, which produce acids when certain kinds of refined foods of the carbohydrate group and sugars are eaten.

Perhaps a general understanding of the formation of a tooth will help us to better understand the cause of a toothache, or dental neuralgia. A tooth is composed of a crown and root; the juncture of these two and root; the juncture of these two at the gum is called the neck. The crown is the visible portion in the mouth, and the root is normally embedded firmly in the alveolar process of the jawbone.

In the central part of the crown of the tooth is a natural cavity called the pulp chamber, with canals running from it down to the end of each root. There may be one, two, three, or even four roots to some teeth, and each has a nulp

canal. The pulp chamber is filled with connective tissue, and small interspaces in which are nerves and blood vessels. All taken together, they form a mass which is called the dental pulp, and is known to laymen as the nerve of a tooth, Each tooth has a complete circulation. The little blood vessels entering through the end of each root bring into the pulp fresh blood, and little veins return the venous blood to the general circulation. This circulation is what nourishes the crown and the interdental portion of the root or roots. A tooth has a secondary source of nourishment from the membrane which surrounds each root, which is a wonderful provision of nature to make it possible to keep a tooth firm in the jaws even though the central pulp source of supply is destroyed by disease.

The opening through the end of each root is very small, and when the acids from decay encroach on the pulp, blood pours into the chamher in abnormal amounts in an effort to destroy the infection. As the blood comes in faster than it can get out, pressure is created, followed by inflammation. The pressure on the nerves in the pulp produces pain, which we call toothache, or neuralgia. It is not always severe in the beginning-only an occasional spasm, which is nature's warning that trouble is ahead unless we take prompt steps to stop the process of decay.

At this stage the dentist is often able to clean out the cavity, removing the decalcified tooth structure; and by using mild antiseptic agents and pulp sedatives—oil of cloves, for instance—he can stop the process of decay and fill the cavity, making the tooth again comfortable and serviceable. If, however, the



tooth has been neglected and the ache has been more or less continuous and severe for an hour or more, the hope of restoring the pulp to normal is not so good. This is true because the excessive congestion of blood in the pulp chamber makes a pressure which stops the circulation in the tooth, and what always happens then is death of the pulp, followed by gangrene.

The pain may cease for a time and comparative comfort may be felt, but do not be deceived. It is only the lull before the storm. In a few days or weeks the tooth will become sore to touch, will feel longer than the other teeth, and will begin to throb; pain more excruciating than the first neuralgia will follow. The reason for this second kind of pain is that the putrefying pulp inside the tooth forms a gas which cannot escape, and therefore is forced, together with particles of decaying tissue and bacteria, out the end of the roots into the jaws. This produces a painful and dangerous infection outside the tooth, which should receive prompt attention from a capable dentist. The infection produces a dental abscess that is usually acute at first, but may become chronic. In either case it is a serious health menace if neglected.

Do not conclude, however, that such teeth should always be extracted. It is frequently possible by proper drainage, followed by thorough sterilization and proper root canal fillings, to restore these mutilated members to health and comfortable function. An X-ray at intervals of two years is a good check to see that the tooth remains in a healthy condition, and the judgement of your dentist should be followed in the matter of retaining or losing the tooth.

To summarize briefly: all the serious and painful troubles outlined above began by neglecting a group of oral bacteria and providing them with the kind of food they needed to flourish and excrete their dangerous acids. They warmth, moisture, and nourishment to reproduce. We cannot alter the first two, for the mouth normally provides them: but with correct eating habits, supplemented by careful brushing, massage, and tapping, this tragic condition may be largely averted or at least can be greatly inhibited.

MOTHERS OF INDIA

P. K. Perenson

AF ALL the members in a home the mother is perhaps the most important person because the home is under her management. Father earns; mother spends and saves. While father works hard outside the home to bring in money, mother works hard inside the home to satisfy everyone's needs. If the mother is not a true mother the home is not a happy one. Her work is mostly indoors and she has many difficult tasks to perform, and because her burdens are so many it is the duty of every member of the family to help her in every possible way. She is not a slave, nor is she to be treated as such, but she deserves due love and respect as the "mainspring" of the home.

Unless the mother of a large family cultivates the patience of a saint she stands a good chance of becoming a nervous wreck. In some communities in our country certain privileges are denied the mother. She cannot eat first, or visit her friends as she likes; some practically suffocate under the purdah in the heat of the Indian summer, and many other such requirements of custom could be mentioned. She is often expected to maintain her equilibrium though annoyed, irritated, disappointed and disturbed by the crude mannerisms of some inconsiderate member of the family.

Besides the numberless cares of the home, the good mother finds time to teach her children good manners, right habits, respect for others and also helps them in their school work. All this work demands the skill and experience of a mature woman and how can we expect many of India's mothers who are only sixteen or eighteen years of age to cope with these responsibilities? Marriage before the full maturity of womanhood has been reached is unfair to the woman. She cannot then be blamed for her inability to shoulder all that is expected of her. Her childish inclinations are still there and childhood can never adequately perform the duties of womanhood.

"The most successful mother," says Dr. Comstock, "will always be charming—not only in tone of voice, selection of words, and sweetness of spirit, but in appearance." It is a peculiar inconsistency that some

mothers are so busy preparing food, bazaaring and cleaning their houses that they neglect their own personal appearance. A wise mother will attract her family not only by her manner and her care of them but also by her neat and sparkling personal appearance.

In some homes it is the father who has no control over his temper, tongue and actions. The children watch the attitude of the father toward the mother and they too soon begin to treat her in the same way. A home where such conditions exist is not a cultured home-for that matter not a home at all. A home becomes a battlefield when there is no harmony and higher education can seldom do anything to relieve the situation, for such unhappy relationships creep into the homes of the ignorant and the educated alike. Only love, unselfishness, patience, and application of the golden rule by doing to others as we would like them to do to us, can transform such home relationships.

A common village scene is of the mother who gets up early in the morning before anyone else and prepares breakfast. She feeds her children, dresses them for school and goes to work. In rain or intense heat she works the whole day and returns home quite tired, but strains herself to prepare the supper. Unfortunately some ingredient in the food is either lacking or too abundant, and the father, drunk or not, abuses the mother. The mother tries to protest by various excuses. but in vain. The brutish and furious father beats the mother, sometimes to the extent of nothing less than torture. She goes to bed hungry for one of two reasons-she is either too much upset or else the other members of the family ate all the food while she was being scolded!

On the other hand we could mention the mothers who need not work outside to add more money to the income of the family, but who sit together and gossip for the better part of the day—often creating quarrels which are carried on by the men when they return from their work, by which trouble the whole village is kept awake until midnight.

(Continued on page 20)

No Tea

No Coffee

DANIEL KRESS, M.D.

SINCE coffee and tea are so universally used, it does not seem out of place to inquire whether they are beneficial or injurious.

We are aware that the first effect of tea and coffee is stimulation. The tired, worn-out mother, feeling the need of something to spur her on, or the society woman who feels the need of maintaining a feeling of fitness in entertaining her friends, having made the discovery that a cup of tea or coffee serves this purpose, naturally resorts to its use. They contain no nourishment and impart no strength. They answer the same purpose that a whip does to a tired horse that needs rest and building up, not whipping.

The whip is a poor thing to depend upon to keep a tired horse in trim, and yet that is what these women are doing when they depend upon that delusive cup day by day to keep fit. Dependence is placed on the cup of tea or coffee to keep up a feeling of fitness and brilliancy, until nervous exhaustion reaches the point where medical advice and possibly a stay at some medical institution for rest and treatment are necessary. This is one reason why nervous exhaustion is becoming extremely common in countries where dependence is placed on these beverages.

The first effect, a feeling of exhilaration, is purely a drug effect. Caffeine excites the heart and the brain. The intellect is aroused, and the imagination for the time becomes more vivid. There is a general feeling of well-being and fitness. This is merely a temporary state of nervous excitement, the effect of which soon wears off, leaving the addict depleted.

REST. NOT STIMULATION

Tired nerves need rest and quiet, not stimulation. Nature needs time to recuperate her exhausted energies. Then her forces are goaded on by continued use of stimulants, and in time it becomes increasingly difficult to rouse the energies to the desired point. The demand for stimulation becomes more pronounced, and stronger stimulants are resorted to.

It will be seen from the following quotations that tea and coffee are far from being the harmless beverages that they are represented to be. A report given out by the New York Life Extension Institute states that "out of 16,552 men examined by the institute, excessive use of alcohol was considered to be responsible for seven per cent of the physical impairment, while coffee and tea were assigned as a cause of forty per cent."

In his new book, How to Make the Periodic Examination, Dr. Engene Lyman Fisk of this institute says: "Coffee is essentially a drug; that is, in itself it has no food value or nourishing principles. Its effects are mainly due to an alkaloid, caffeine, which is used in medicine, as a nerve and heart stimulant, although its use is being much restricted because of its uncertain cffects. In this," he says, "it resembles tobacco."

He adds: "When mentally fatigued, rest and sleep are the remedy, not stimulants. Anything that merely masks fatigue is, in the long run fraught with a certain risk." "There can be no doubt," he said, "that tea and coffee are distinctly harmful, even in moderate amounts, to individuals suffering from dyspepsia, sleeplessness, nervousness, heart affection, and to those who have inherited a tendency to nervous and mental irritability. Many suffering from acid dyspepsia, insomnia, and nervousness secure complete relief after giving up tea and coffee."

Doctor Beck of Leipzig, referring to Germany, said: "The nervousness and peevishness of our times are chiefly attributable to tea and coffee. The digestive organs of confirmed coffee drinkers are in a state of chronic derangement, which reacts upon the brain, producing fretful and lachrymose moods."

DANGEROUS DRUGS

Doctor Harvey W. Wiley said: "This country is full of tea and coffee drunkards. Caffeine has a direct tendency to create Bright's disease. Caffeine is the essential alkaloid of coffee, as theine is of tea. Both are dangerous and detrimental drugs."

Several years ago, in Australia, I was driven to the station in a cab. The horse stumbled along in a life-less way, with head down. Fearing I would be late for the train, I said to the driver, "What is the matter with your horse?"

He replied, "I have been taken in on him. Three days ago, when I purchased him, he was a spirited animal. He stepped along with his head up and needed no urging. I later discovered he had been drugged, and two days after my purchase he was in the condition you see him in today."

Some years ago a certain Board of Health, after careful investigation of the causes of nervousness and stupidity among school children, brought in the report:

"Children who drink coffee for breakfast come to school exhilarated. They work strenuously in the morning, and are overflowing with energy and vitality; but they do not last under school routine. They become fatigued more quickly than the other pupils; and by the close of the afternoon, they are exhausted to the point of stupidity. They are nervous,

and therefore unstable in their deportment."

Doctor Evans, when he was health commissioner for the city of Chi-

cago, U. S. A., said:

"Drug habits are more or less interchangeable. When a person has one drug habit he is prone to pick up another. It is the rule that a person who uses one drug is addicted to the use of more than one drug. A drug fiend will drop one habit and pick up another." He added:

DO YOU realize how important it is to protect your baby from whooping cough? According to some authorities, the number of deaths due to whooping cough in infants under two years of age far exceeds each year that of the other preventable contagious diseases such as diphtheria, scarlet fever, and smallpox.

Whooping cough, unlike these other contagious diseases, is fatal only during the first years of life. But at that time its fatalities are high in proportion to the number of cases.

Too few babies and young children have been protected by three injections of potent pertussis vaccine. This preventive used on a large scale—equal to that of diphtheria prevention—can prevent and will reduce the frequency of whooping cough.

The child who develops whooping cough contracts the disease germ from another unprotected child. In questioning mothers of children with whooping cough, the most frequent answers to the question of why these children had not been given the preventive vaccine were: "My husband objects to hurting the child"; or "I wanted to wait until my child was older"; or "My mother told me that children should have diseases like whooping cough early, and then be through with them."

To control the spread of whooping cough, nothing has been done until recently except to confine the patient to the premises for weeks and prohibit non-immunized children from visiting on the premises. Yet whooping cough can now be prevented in any home or any community.

Whooping cough is most contagious before the child whoops. For reasons unknown, whooping cough germs are scattered into the air sur"In order that no misunderstanding may arise, I should say that physiologists regard coffee, tea, to-bacco, and whisky as drugs in the same sense that opium and cocaine are. From coffee at one end of the line to cocaine at the other, no one has the right to call the kettle black.

"The craving for tea and that for whisky, the hunger for a cigarette and that for a dose of morphine, are of the same kind."

rounding the patient in greatest profusion early in the disease. If these germs are breathed into the lungs of a susceptible, non-immunized child they lodge in the finer air passages where, in turn, they multiply rapidly during the weeks before the whoop.

Many more children in many more communities must be immunized against this disease. More and more infants must receive the necessary injections from physicians or at health department and welfare clinics soon after they reach six months of age. One additional stimulating booster dose may be needed when they enter kindergarten or when, years later, a child who has received injections earlier is intimately exposed.

A word of warning. A baby should not be vaccinated before he is old enough to develop adequate protection. The same holds true for diphtheria toxoid. Babies who receive the injections during the first six months of life should have another series after they are eight months old. This can be done at the time they are vaccinated against diphtheria or diphtheria and tetanus. These three kinds of immunizations—whooping cough, diphtheria and tetanus—can now be combined.

It is also important for parents to realize that unless a potent produce is used, failure to protect the child may result. A few years ago Professor Earl Flosdorf, working in the Bacteriology Department of the University of Pennsylvania School of Medicine in Philadelphia, perfected a simple, harmless skin test whereby doctors can now determine whether an infant or child who has received injections of whooping cough vaccine is actually immune. This valuable test is gradually growing in favour. It is usually performed on the left forearm, three or

more months after the third and final dose of vaccine. The doctor must examine the place where the injection has been made twenty-four hours later. He can then tell whether adequate protection was given by the vaccine or whether one or more additional doses of vaccine are needed to protect the child from whooping cough completely. The test is harmless. It causes less pain than a mosquito bite. The local reaction disappears completely within a few days. When the test is performed on children who have had whooping cough, the same kind of reaction occurs as in the child who has been inoculated against it. This simple, reliable test should become a valuable aid in reducing the number of failures after vaccine injections. Although any doctor can now make this test, the doctor who gave the child the vaccine should perform the test.

WHAT TO DO

- 1. Early diagnosis and prompt quarantine. (Parents, teachers and doctors should be whooping cough conscious).
- 2. Isolation of all intimately exposed children who have not had the disease.
- 3. Routine immunization (injection of three doses of vaccine) for all infants soon after reaching six months of age.
- 4. One stimulating (booster) dose of vaccine as a prophylactic or preventive measure before starting kindergarten or school.
- 5. One stimulating (booster) dose of vaccine soon after intimate exposure of a child, who has been immunized during infancy, to a known case of whooping cough.



LOUIS W. SAUER, M.D.

MOTHERS OF INDIA

(Continued from page 17)

How much more profitable it would be if such wives and mothers would spend their time in washing clothing, knitting, darning, or experimenting with new recipes. They could very well study journals that deal with home problems and organization of their work. If a mother can organize her work to leave ample time for an evening walk or an uplifting visit with friends, and have her work done to the satisfaction of all members of the family, she has found the key to a long and happy life.

When will the poor village mothers enjoy their freedom? There

is dire need for some kind of organization in every village to instruct men and women in home education and social uplift. India is full of villages and such an organization would be of great benefit to the country as a whole. If the government would organize such a department India would advance socially. Adult education, no doubt, is very urgent, but this home education demands priority. No one seems to consider that the villages of today will, in many cases, become the towns of tomorrow, therefore, all the energy and power that is available should be used to build up the villages by means of social uplift. India is a land of villages and the need there comes first.

"The hand that rocks the cradle is the hand that rules the world," wrote William Ross Wallace. It was because of the pains the mother took for her son that Thomas Edison became the greatest inventor. He was turned away from school with the remark, "He has no head for learning." Then and there his mother made up her mind that she would train him to shine. She surely did make her son shine, and the son made the world to glow with electric lights! Abraham Lincoln, whom we admire so much gave high praise to his mother when he said: "All that I am or hope to be, I owe to my angel mother." Mothers have been the deciding factors in the lives of the big men of today and they are the ones who influence what men will be and do tomorrow. Emmerson observed, "Men are what their mothers make them.'

America has set apart the second Sunday in May every year in honour of motherhood and has named that day "Mother's Day." People there celebrate it by wearing a carnationwhite for the dead and coloured for the living. Why cannot we also set a day apart in honour of the mothers of our country? Mother India has produced many mothers whose sons have wrought the Independence. For this purpose I may strongly recommend that we set aside the birthday of some great woman and celebrate it as Mother's Day. I am sure all the mothers in our country would be agreeable to this proposal.

If the mothers are happy, the homes are happy; if the homes are happy the village is happy; if the villages are happy, the nation is happy—that is the fullest joy of Independence.



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A CROW'S NEST IN BOMBAY

Mrs. O. H. Shrewsbury

NEAR the front entrance to our house in Bombay, was a small tree trying to survive the heat and drought. On one of its upper limbs two black crows had built their nest. You would almost think they owned that tree, and we did not mind as long as they left us alone; but this they did not always do. At nesting time we almost took our lives in our hands if we did not wear our hats and carry an open parasol over our heads.

If we forgot we were soon reminded of the fact, and it did not take us long to get under cover, for they would without a moment's warning swoop down on our heads. Their beaks were sharp, and they would peck so hard it would draw the blood. Then they would fly back to the nest in the tree and talk in crow language, as much as to say: "This is our home, and don't you molest it. You're not welcome visitors."

One day a kitten found its way up the tree to one of the lower limbs and was resting there, while the crows were away gathering food for their baby birds. He was having a nap, with his nose pressed against the limb. A crow returned, spied the cat, and flew down. It gave the kitten a sharp peck on its head; and the kitten had to hang on to the branch, for underneath the tree were two dogs waiting for a chance to get at him. Back came the crow

and this time pecked him hard in the middle of his back. The cat ruffled up his fur and still hung on to the limb. Back came the crow the third time, got hold of the end of the cat's tail, and pulled and pinched it until the cat cried out and jumped to the ground, running between the dogs and away under the house before the dogs had time to turn around. There it stayed until the dogs went away. It, too, learned that that special tree was only for crows.

THE STRANGE HORNBILL

THIS strange bird of India, with a large yellow bill nearly a foot long, and a horn mounted above ti, can hop around surprisingly fast, and handles its headgear skilfully. Heavy and cumbersome as it looks, the horn is really very light, since it is made of very thin hone and has many air chambers in it. There seems to be little use for it. Maybe it is just ornamental, like a rooster's comb.

Hornbills live mostly on fruits. They like to fasten the fruit in a crack or crevice and then peck it to pieces.

These birds are strong fliers but make a lot of noise at flying. The soldiers thought that they sounded like the whine of cannon balls, and kept ducking into foxholes until they found out where the noise came from.

One of the most peculiar things about hornbills is the way they nest. When the mother bird is ready to lay eggs, she gets into her nest in a hollow tree and the father bird plasters the hole shut from the outside, leaving only room enough for the mother's bill to come out. She is then a prisoner and stays there until the young are hatched. Her mate feeds her regularly through the hole he has left and watches the nest from outside. The small opening to the hole helps to keep out thieving monkeys and snakes, for the hornbill can peck at them with her bill if they look in.

While the mother is sitting on the eggs, she moults, or sheds her feathers, and the new ones grow and are ready to use when she comes out. She is probably glad to get rid of her long feathers because it gets very hot in the nest. Her long tail feathers would also be in the way.

Young hornbills are not as funnylooking as their parents, because their horns are not quite so big.

They stay in the nest until they are ready to fly.

Some hornbills in South Africa live mostly on the ground instead of in the trees, and they do not have such large horns on their bills as the others do. These birds are very useful to farmers for getting rid of snakes and mice, but they must be watched or they will also eat chicks and eggs. In most places the people are fond of the birds, and the Kaffirs in Africa usually fike to settle in places where there are many of them.

HARRY BAERG.

BIRDS AND BEASTS INSIST ON THEIR BATHS

BATHING is an essential to the. health of wild birds of all kinds. The regularity with which birds bathe is seldom appreciated by the average nature lover. In hard winter weather our "feathered friends" are in more urgent need of bird-baths than food tables; they want open water for bathing as well as drinking. Many birds cannot survive long without their regular baths, and a cage bird without an occasional water bath seldom enjoys perfect health. Active birds have a much higher body and skin temperature than other animals, but they also require the bath to cleanse the body of dirt and parasites. The morning is a great time for bird bathing and even in winter you can see how the young starlings indulge in their regular ablutions in the garden bird-bath or the side of the stream. Chaffinches, blackbirds, owls, kestrels, falcons, gulls, and lapwings are also very frequent bathers.

Birds which inhabit regions with little water, like the deserts, dry. sandy heaths, and similar haunts, make use of the dust bath to cleanse their bodies. This is particularly noticeable with the partridge, sandgrouse, and most game birds, and it is from their jungle-fowl ancestors that our garden poultry inherit their fondness for the dust bath. In the country the modern tarred roads replacing the old-fashioned dusty macadam lanes have deprived the larks and partridges of their dust baths, and these birds will go far to a spot where a gamekeeper or a poacher has made up for the deficiency with suitable material.

ERIC HARDY, F. Z. S.

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RECIPES

IN INDIA as well as in many other I countries people use altogether too little milk in their diet in spite of the fact that when the food value of milk is considered it is found to be a cheaper food than many others. It is a most wholesome food and very nourishing. Milk is one of the best sources of vitamins and protein. The maxim "one seer of milk per day for children" is heeded only by the very few who really know the value of milk. This is probably because many people do not have an adequate income to supply enough milk for their families, and others do not understand the great food value of

Dried milk powder is obtainable in many places. This equals fresh milk when made according to formula and should be used when fresh milk can not be obtained. The same may be said about tinned milk as well as about the many patent baby foods which are on the market.

May the day soon dawn in India when every child will get a greater amount of milk in its diet. Milk can

THE COW

No matter how you view the cow She merits a vote of thanks. A friend of man since time began And as scenery too she ranks.

Among the cream of things that seem Essential to all mankind, She does her part with humble heart, And a philanthropic mind

By milk and moo she is given to Expressing herself with force: Though long her hours, she never sours Nor chafes at her daily chores.

So let us toast from coast to coast This mutual friend who shares With friend or foe, come weal or woe, Her healthy and zestful wares.

be used in preparing many appetizing dishes. Here are a few:

CREAM OF SPINACH AND ONION

Half cup chopped onions, cooked and sieved; 1 cup cooked and sieved spinach; 1 cup water; 1 cup rich milk; 1/2 teaspoonful salt; 1 tablespoonful butter; 1 rounded tablespoonful flour.

Melt the butter in a saucepan, add the flour and stir until well blended. Add the water and the milk, the sieved onion and spinach. Heat and boil up slightly. Season to taste and serve with home-made cream crackers.

HOME-MADE CREAM CRACKERS

One-third cup cream; 1 cup flour; 1 tablespoonful lime juice; ¼ teaspoonful soda bicarbonate; ¼ teaspoonful salt.

Mix the lime juice and the soda bicarbonate in the cream. It will foam up slightly. Add the flour and knead well. Roll out thin on floured board. Cut in squares with a knife. Bake in moderate oven until golden brown.

VEGETABLE FRITTERS WITH CREAM SAUCE

One cup flour (level); 1/4 teaspoonful soda bicarbonate; 2 tablespoonfuls lime juice; 1 cup milk; 2 tablespoonfuls butter or oil; 2 cups cooked and diced vegetables or sieved if preferred. (Carrots, celery, peas and onions are good.)

Mix all the ingredients together, beginning with the milk, soda and lime juice. Sift flour into this. Add the seasoned vegetables. Drop by spoonfuls into hot fat and fry until a golden brown on both sides. Serve with curd

CURD SAUCE

One tablespoonful butter; 1 tablespoonful flour; 1 cup milk; 1/2 cup thick curds; salt to taste.

Melt butter, add the flour and salt and blend well. Add milk and stir while cooking until thickened. Add the curds and stir until well blended. Serve.

CHOCOLATE RICE PUDDING

Two cups milk; 1/2 cup rice; 1/2 teaspoonful salt; 1/2 cup sugar; 2 tablespoonfuls cocoa.

Boil rice in salted water until tender, drain. Mix sugar and cocoa and add to the rice. Add the milk, Bake this in a slow oven for 11/2 hours. Stir twice during the first half hour of baking. Serve hot or cold with spiced milk or with cream.

SPICED MILK

Half teaspoonful cinnamon (ground); ½ teaspoonful nutmeg (grated); 2 cups milk; 2 tablespoonfuls sugar.
Mix spices and sugar together, add to milk, shake well, chill and serve.

SURPRISE COCKTAIL

One cup tomato juice; 1 cup milk; 1/2 teaspoonful celery salt; 1/2 teaspoonful salt.

Have the milk on ice. Put the celery salt or other seasoning preferred into the iced tomato juice. Stir well. Add the ice-cold milk and stir again. Serve at once.

MILK TOAST

Four slices toast; 11/2 cups rich milk; 1 teaspoonful sugar; ¼ teaspoonful salt; 1 tablespoonful butter.

To the hot milk add the salt and sugar. Spread the butter on the toast. Place in soup plates. Pour the milk over it. Serves two. A nice breakfast dish or a supper dish for children.

DATE AND WALNUT TEA CAKES

One cup ghee or other shortening; 2 one cup snee of other sintening, 1/2 cup milk; 1 teaspoonful salt; 3 teaspoonfuls baking powder; 2 teaspoonfuls ground cinnamon; 1/2 teaspoonful ground cloves; 1/2 cup dates, cut in small pieces; 1/2 cup chopped nuts; 3/2 cups flour; 3 eggs.

Mix ghee and sugar well. Add the eggs and again beat and mix well. Sift the flour, salt, and baking powder and spices together and add to the first mixture alternately with the milk. Add the nuts and dates and stir again. Drop the mixture by teaspoonfuls on an oiled baking sheet and bake fifteen minutes in moderate oven.

THE

DOCTOR

THIS question and answer service, free only to subscribers, is intended for general information. No attempt will be made to treat disease or to take the place of a regular physician. In special cases, where a personal reply is desired or necessary, it will be given if a stamped addressed envelope accompanies the question, We reserve the right to publish the answers to any questions sent in, if we deem them beneficial to our readers, though no names will be published. Address the Associate Editor (Doctor Says) "Health," Post Box 35, Poona 1, and make questions short and to the point.

MORPHINE ADDICTION: Ques.—"My friend is forty-eight years of age and is suffering from intolerable pain just below his breast. He sought medical advice and was told he had a stone in his gall bladder. As he was going on an extensive business tour the doctors gave him injections of morphia to re-lieve him temporarily. When he found that this relieved the pain he purchased a syringe and morphia ampules and began to inject the drug himself. He has now become so used to this that he cannot do without it, and cannot sit, stand or walk when deprived of it. His appetite has gone and he be-comes weaker every day and is in a pitiable condition. We request your kind advice."

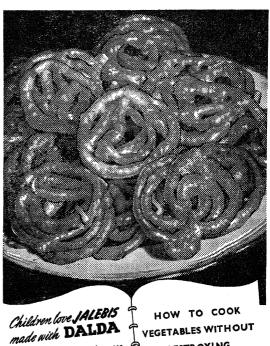
Ans.-Whatever your friend's underlying condition is, he also has the handicap of addiction to morphine. The common results of this are moral deterioration, failure to eat a proper diet, and failure of proper elimination. The proper treatment is to stop the drug as quickly and with as little discomfort to the patient as possible. This is best done in a sanitarium or other hospital where the patient can be under direct medical care for some time. The care of a physician is necessary as the withor a physician is necessary as the wind-drawal symptoms of morphine habitua-tion are severe and terrifying to the patient. In your friend's case he will also need treatment for the cause of the pain which brought about the morphine addiction in the first place. Unless this is relieved it is useless to try to break his morphine habit.

NATUROPATHS: Ques .- "I am a chronic sufferer from consumption and have been treated by doctors for three and a half years to no avail. I have now decided to undergo nature cure treatment in which I have implicit faith. Therefore I request that you let me know where in India such nature cure hospitals are situated and which of them are of long standing and have good experienced doctors."

THE ORIENTAL WATCHMAN, JANUARY 1949

Ans .- The aim of modern medicine is to imitate nature as closely as possible, to utilize all natural methods of therapy to the full, to co-operate with nature in avoiding or combating disease, and in restoring the body to its natural state. However, we cannot cause one cell of the body to live for even a fraction of a second. It is God

working according to what we call the laws of nature which produces all life, all health, all healing of wounds and all recovery from disease. Although man cannot cause these "laws of nature," which are concerned with healing, to function, he can provide a favourable environment in which they can operate. The recent increase in the knowledge



Mix 2 cups of flour with water to obtain thin paste. Cover paste and keep aside for 2 days. Make thin syrup from 1 lb. sugar and add to it ½ teaspoon of saffron and few drops of rose-water. Add I teaspoon of curds to paste, and mix thoroughly. Pour mixture through a 1" hole. You can do this by making a hole in a tin container or dry coconut

shell. Form rings into a shallow frying pan of very hot Dalda, by pouring with a circular motion. Fry well and place in warm syrup. Soak for a few hours, remove and spread jalebis on clean paper to dry.

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and in health has lifted the treatment of disease out of the speculative and empirical into the realm of the rational and specific. While it is true that we do not have perfect treatments for all diseases, yet great progress has been made and there is hope of more in the future. A few examples of the effective efforts of modern medicine to co-operate with nature are: The use of vitamin D in prevention of rickets, vitamin C in prevention of scurvy, the treatment of diabetes with insulin, the prevention of smallpox, typhoid fever and other diseases by stimulating the natural immunity of the body with vaccinations and immunizing injections. Modern medicine attaches great importance to properly balanced diet, pure water, fresh air, sunlight, and clean surroundings in the treatment of diseases. The understanding of all these things and their application is not simple. One must study the structure and function and requirements of the human body in health and disease before one can apply these things properly to the benefit of mankind. That is why the present day medical course is a long course. It requires five years of study It requires five years of study beyond inter-science or a B. A. or B. Sc. degree. Only then, is a man or woman considered competent to treat disease and advise people how to live healthful lives. But there is a type of person abroad in the land who has done none of this study. He has perhaps a tenth standard education and six months' correspondence course and has a certificate which says that he is a "Doctor" of naturopathy or homopathy or chiropractic or that he is a "drugless physician." Such individuals are anxious to receive the respect and the "fees" that are given to a doctor the rees: that are given to a doctor without going through the bother of acquiring the knowledge of a doctor. Many of them trade on the word "nature" and nature's remedy, natural methods, etc. They advertise in newspapers and magazines. Their chief concern is to attract as many patients as possible. Beware of such people. Reputable doctors do not advertise. The

of how the body functions in sickness

most you will ever see a reputable physician advertise is his name, degree, office hours and location and speciality. He will not print testimonials about himself, he will not claim any wonderful discovery, he will not urge that his medicine has cured countless thousands and will also cure you. Again, I say, beware of those who talk at length of nature cures and drugless cures and natural methods. Reputable physicians are constantly using natural methods but they rarely speak of them as such.

Treatment of Tuberculosis: Contrary to the enthusiastic articles about this or that vaccine or streptomycin or some other medicine or treatment which it is other mediane or treatment which it is hoped or is "guaranteed" to cure tuber-culosis, the successful treatment of tuberculosis is still pure air, adequate rest, relief from worry and work, good food and time. The earlier in the course of the disease the treatment is begun the shorter is the time necessary and the better the chance of arresting the disease. We say "arrest" because as every arrested tubercular patient knows, he must take proper care of his health or his disease will again become active. Treatment is best carried out in special hospitals where there is a staff especially trained in the care of tuberculosis and where one has the encouragement of others who are following the same programme.

RHEUMATIC FEVER: Ques.—"My sister has had rheumatism since January, 1948. It first started in her waist and slowly moved all over her body, with swelling appearing at the site of pain, sometimes at the wrist, sometimes at the knee or ankle. The pain is severe and prevents her from sleeping. We live far away from any hospital. Kindly advise what we should do in caring for this affliction."

Ans.—Rheumatism occurring in young people and moving about from one joint

Ans.—Rheumatism occurring in young people and moving about from one joint to another is usually rheumatic fever. This disease effects not only the joints but the heart. It seldom cripples the joints but unless it is properly treated





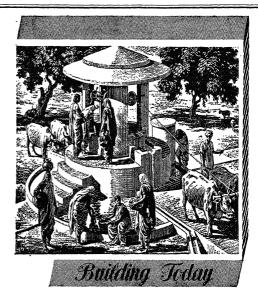
it often cripples the heart. There is usually a slight elevation of tempera-ture. The cause is not certain, but the disease is often associated with infec-tions elsewhere in the body as for intance, in the tonsils or teeth. The patient should be under the care of a competent physician. In situations where a physician is not available the patient should go to bed and stay there until all joint pains have ceased and all elevation of the temperature (even to 99 degrees F.) has been absent for a week. This is very difficult for a young person to do but it is essential in order to avoid damage to the heart. The diet should be varied, easily digestible, and should include boiled milk, eggs, whole grains, fruits and vegetables, nuts and dals. At least two oranges or other citrus fruits should be taken daily. Aspirin tablets, two to four, taken once in four hours help to relieve the joint pain. Usually heaf and massage do not help. The main things are bed rest, a good diet rich in vitamins and lots of pure water to drink. And do not let the patient get out of bed until she has been entirely well for at least a week.

ARTHRITIS: Ques .- "I have been suffering from arthritis of the left hip joint since 1941, and as a result of this the hip joint does not move about. I have tried several medicines and have tried massage without any results. My left leg has become nearly four inches short due to contraction of muscles and nerves and stiffness of the joint. Now there is no pain in the joint. Kindly suggest some treatment for this disease with particular diet."

Ans .- From the description of your condition it is evident that yours is not the ordinary case of arthritis. Unfortunately, the perfect treatment of ar-thritis has yet to be discovered. There are a number of methods of treatment which provide some relief, however, and supervision. After the joint becomes fixed nothing short of heavy surgery can provide motion again. The following diet outline provides a well-balanced ration: 1. Two servings of a green or yellow vegetable daily. 2. One other vegetable. 3. One egg daily. 4. One citrus fruit daily or a tomato or raw cabbage salad. 5. One other fruit daily. 6. A half seer (pint) of milk or its equiva-lent in curds or cream cheese. 7. One serving of dal, dried beans or peas. 8. One ounce of shelled and roasted peanuts eaten with the thin red bran on them. 9. Three servings of "whole grain" cereals. Wheat, red rice (unpolished and unpounded), millet or way one likes but if boiled, the water in which they are cooked should be used and not discarded. Polished rice or refined wheat flour is lacking in vitamin B. If you are unable to get unpolished rice you should obtain some rice bran or polishings from the mill and either make a soup of the polishings or eat it as a cake or chapatti each day. If these articles of diet are eaten every day one may eat in addition whatever else one likes. It is well to omit highly seasoned foods.

RHEUMATISM; CHEST PAIN: COLDS: FREQUENT Ques.--"(1) Kindly advise some treatment for rheumatic pain. (2) My wife has constant pain in her chest with slight cough but no temperature. What should I do for her? (3) My son aged eighteen months has a constant cold in his nose. How can this be remedied?"

rheumatism, is a painful affliction of the joints. It may be due to any one of several causes and each type requires varied treatment. Therefore you should consult a competent physician for a thorough examination. Only a few cases of arthritis can be cured. Many, can be greatly relieved by modern treatment. (2) Pain in the chest and cough may be Ans .- (1) Arthritis, commonly called . due to a cold in the chest only. But it



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Vol. 26, No. 1 POONA January 1949

Published Monthly by THE ORIENTAL WATCHMAN PUBLISHING HOUSE Post Box 35, Poona 1, India

E. M. Meleen, Editor J. B. Oliver, M.D., Associate Editor

Subscription Rates: One year Rs. 7-8-0, in advance; two years, Rs. 14-8-0, in advance. Foreign postage, Rs. 15-50 extra per year, VP, subscriptions will be accepted only when accompanied by a deposit of Rs. 2-8-40, except hen renewed subscriptions are sent directly to us. V. P. P. charges are in addition to the subscription rates.

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Published and printed by L. C. Shepard, at and for the Oriental Watchman Publishing House, Salisbury Park, Poona I. 13,500-3842-49.

also may be due to bronchifis, pleurisy, or tuberculosis. If the symptoms have persisted for longer than two weeks the endy safe thing to do is to have a careful examination by a skilled physician and a chest X-ray if he thinks it desirable. (3) To prevent catching colds: a. Keep away from people who have colds. b. Get plenty of sleep. c. Bat a varied diet including plenty of fruits, vegetables, milk. dals, greens and whole grain cereals. d. Cold "vaccine" seems to help about fifty per cent of people who take it to avoid catching cold. c. Have a physical examination to be sure that the nose and throat are normal or that you are not interpreting as a cold some other disease of the nose, throat or cluest.

PENICILIIN AND PYORRHGA:
Ques.—"For the past two years I have
been having dental troubles. My gums
have become black and blood and pus
have become black and blood and pus
have been to a dentist of this city for treatment and he
has prescribed many things—among
them penicillin, but as yet I am not
cured. Please give your opinion concerning my difficulty."

Ans.—Penicillin is helpful in very severe cases of pyorrhoa but you should not think it will produce a permanent cure. Permanent cure of pyorrhea is a thing involving much diligence and care on the part of the person involved. Only so much can be accomplished by local applications or treatment by the most skilled dentist. More depends upon one's own diligence in cleaning the teeth carefully and well with a soft bristle brush and a good dentifrice after every meal, and massage of the gums with the forefinger. This will cause some bleeding at first but the massage is the most important part of the treatment. Many, by careful attention to these details, will be re-warded with the return of normal healthy gums. One should follow the advice of one's dentist as to any other treatment which may be needed in one's own case. The blackening of the gums usually results from the taking of some medicine containing mercury or bismuth or lead. You should leave these off if you are using them at the present time.

CHRONIC BRONCHITIS: Ques.—If an twenty-four years of age and suffer from chronic bronchitis. Six months ago I weighed 120 pounds but have now reduced to 114 pounds and in spite of all my attempts to gain weight I am losing it daily. Kindly let me know of a suitable medicine or remedy which will help me to overcome this weakness I feel all the thine."

Ans.—Chronic bronchitis, particularly associated with a loss of weight, should make one suspicious of tuberculosis.

Other symptoms of tuberculosis are slight rise of temperature in the afternoon, cough which lasts longer than two weeks, night sweats and tiredness. Any of these danger signs should cause one to consult his doctor. Tuberculosis if diagnosed and treated early, is relatively easily arrested. But if one keeps putting off seeing his doctor until he is so ill that he is compelled to, the disease is often too far advanced. If you have any of the danger signs of tuberculosis see your doctor too early instead of too late!

ENLARGED ABDOMEN: Ques.—"I am a pot-bellied man and want to decrease. Please explain how the stomach becomes large and also inform me of a treatment."

Ans.—The stomach becomes fat from over-eating and lack of exercise. Following properly designed reducing diet and doing some physical exercise (walking, tenuis or cycling) helps. Some special exercises for the abdominal muscles are listed: a. Lying upon the back raise the right leg straight into the air. While keeping the knee stiff slowly lower it. Follow the same procedure with the left leg. Repeat ten times. h. After some strength has been attained by doing this raise both legs together and slowly lower. c. Lying on the back with the arms extended straight from the sides bring the right leg up and over until the right toe touches the left hand. Return to extended position and repeat with the left 'soe to the right hand. Return to extended position and repeat with the left 'soe to the right hand. Repeat ten times.

HAIR REMOVER: Ques.—"I would like to know if there is any way to remove facial hair (beard, whiskers) other than by means of the razor."

Ans.—The razor is the most satisfactory method of removing the beard. Chemical depilatorics are apt to be irritating, and electrolysis is not practical for more than a few hundred hairs.

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ORIENTAL WATCHMAN

JANUARY

SUPPLEMENT

949

WHO IS TO BLAME IN PALESTINE?

A. W. Anderson

TROUBLE in Palestine is nothing new in this world's checkered history, for that unhappy land has been a bone of contention between the nations for more than three thousand years.

Palestine is sometimes called "the bridge between Asia and Africa." It is the geographical centre of the Middle East, and as such has been naturally a coveted spot for every ambitious ruler who sought world supremacy from the days of the Egyptian pharaohs until now. Some of the world's decisive battles have been fought on the Plain of Megiddo, and, in the book of Revelation we read that under the sixth plague "the kings of the earth and of the whole world" will be "gathered... together into a place called in the Hebrew tongue Armageddon," to the battle of that great day of God Almighty." From this scripture it is evident that Palestine will be a centre of international trouble right until the end of this age.

Two recent articles in The American Magazine set forth the claims of Arabs and Jews respectively. The first one was written by His Majesty, King Abdullah, entitled: "As the Arabs See the Jew." This was followed in the succeeding issue by an article, "Why the Jews Should Have Palestine," written by Dr. Abba Hillel Silver. In these articles both writers have made statements which are definitely open to challenge.

King Abdullah boldly declares that 'for nearly two thousand years Palestine has been almost a hundred per cent Arab." This statement cannot be supported by history, as will be seen from the following brief recital of some of the historic facts concerning Palestine. After the destruction of Jerusalem by Titus, a.D. 70, the population of the Holy Land remained preponderantly Jewish until after the insurrection of Bar Cocheba (a.D. 132-135), when the Jews were forbidden by the Ro-

mans to inhabit Jerusalem, or "even, on pain of death, to appear within sight of the city." During the following centuries, although the country was nominally Christian, it still remained an integral part of the Roman Empire, and afterward of the Byzantine Empire until the Persian invasion.

Khosru II, king of Persia, invaded Palestine in A.D. 614 and massacred many thousands of its inhabitants. Some years later the Byzantine emperor Heraclius reconquered his lost territory; but he did not long enjoy the fruits of his victory, for the Arabs under Omar invaded Palestine and utterly defeated the Romans in A.D. 635.

In the eleventh century the Christian Crusaders invaded Palestine and established the Latin kingdom of Jerusalem. During the next five centuries the country was occupied by European Crusaders, Mongolians and Tartars from Central Asia, and Egyptian forces under the Mameluke

In 1516 the Ottomans conquered the Mamelukes and brought Palestine under the dominion of the Turkish sultans, who retained possession of the country for four bundred years. In 1917 Lord Allenby, at the head of British troops, drove the Turks out of the Holy Land, and the country was brought under British rule.

Notwithstanding these facts, King Abdullah contends that Palestine has been under "solid, uninterrupted Arab occupation for nearly thirteen hundred years." The facts of history contradict that statement, While it is true that a large number of Arab have resided in Palestine for thirteen centuries, it is equally true that large numbers of Jews have also lived in that country for more than three thousand years.

Another very strange statement of the Arab king can be called into question. He says: "We utterly deny the right of Great Britain to give away Arab land for a 'national home' for an entirely foreign people." Great Britain, conqueror of the Turks, had every right to say whether a "national home" for the Jews should be created in Palestine. The fact that there are several hundred thousand Jews living in the land does not interfere with the rights of the Arab residents. Those of us who, like myself, have had the privilege of personally hearing the claims of both Jews and Arabs in Palestine, believe that the Jews have paid for all the land they have bought from the Arabs.

The fact is that the Jews, by the introduction of modern methods of agriculture, horticulture, and irrigation have made land which was formerly little better than a desert, a prolific garden of beautiful citrus fruits and olives and other valuable food products. Not only have the Jews made most fertile gardens in Palestine, but they have turned the Dead Sea into a valuable source of chemical fertilizers, and have also introduced into Palestine a number of other lucrative industries, as well as fine schools and hospitals, and have established a splendid university. The Arabs should welcome these acquisitions rather than seek to drive out of the land the people who have been solely responsible for their introduction, and who have materially ministered to the prosperity of the country.

Now let us examine some of the Jewish claims of Dr. Abba Hillel Silver. Dr. Silver "blames the terror and tragedy in the Holy Land on British bureaucrats, who," he says, "have cheated his people of their recognized homeland." He continues: "It was a recognition of the facts of history which led to the international decision after. World War I to set aside Palestine as a national home for the Jewish people. That decision was incorporated in a series

of internationally valid documents. Chief among them were the British Balfour Declaration of 1917, laying down the basic policy; the decision of the Paris Peace Conference in 1917, approving the policy."

A glance at the Balfour Declaration itself is all that is necessary to disprove some of the principal claims of Dr. Silver. In 1914 the British government was approached with a definite proposal that a national home for the Jews should be erected in Palestine, under a British protectorate. Three years later Mr. Balfour sent the following letter to Lord Rothschild:

> "Foreign Office, November 2, 1917.

"Dear Lord Rothschild:

"I have much pleasure in conveying to you on behalf of His Majesty's Government the following declaration of sympathy with Jewish Zionist aspirations, which has been submitted to and approved by the Cabinet:

"His Majesty's Government view with favour the establishment in Palestine of a national home for the Jewish people, and will use their best endeavours to facilitate the achievement of this object, it being clearly understood that nothing shall be done which may prejudice the civil and religious rights of existing non-Jewish communities in Palestine, or the rights and political status enjoyed by Jews in any other country."

"I should be grateful if you would bring this Declaration to the knowledge of the Zionist Federation.

"Yours sincerely" (Signed) "ARTHUR JAMES BALFOUR."

Forty days after this letter was written, Lord Allenby marched triumphantly into Jerusalem and read his famous Declaration of Liberty to the inhabitants of that ancient city, in which the British general assured the people that "every sacred building, monument, holy spot, shrine, traditional site, endowment, pious bequest, or customary place of prover, of whatsoever form of the three religions, will be maintained and protected according to the existing customs and beliefs of those to whose faiths they. are sacred."

At that time, Jews, Christians, and Moslems in Palestine rejoiced in the freedom which had been won for them by British troops, For hundreds of years both Arabs and Jews had been subjected to the tyrannical rule of the Turkish sultans. Now they were free, as Lord Allenby assured them, to "pursue their lawful business without fear of interruption."

In a military cemetery on a hillside outside Jerusalem there lie hundreds of British soldiers who laid down their lives in order to free Palestine from the yoke of the Turk. For thirty years other British soldiers, at the risk of their lives, have tried to maintain order in Palestine and make it possible to "facilitate" the "establishment of a national home for the Jewish people" in conformity with the pledge of the British government in 1917. According to statistics the Jewish population now resident in the Holy Land is ten times greater than it was when Great Britain conquered the country in 1917!

From the first Britain made it clear that there was no intention to hand all Palestine over to the Jews. The Balfour Declaration expressly states that "nothing shall be done which may prejudice the civil or religious rights of existing non-Jewish communities in Palestine." President Wilson endorsed the statement at the time it was made, and both Houses of Congress subsequently adopted unanimously resolutions associating the United States with the policy embodied in the Balfour Declaration. Therefore America is obligated to support the British attitude on the question.

Britain has resolutely refused, ever since 1917, to depart from the policy laid down in the declaration, always insisting, as the Encyclopedia Britannica says, that, "in view of the existence of a large Arab population in Palestine,...no intention existed for creating a Jewish state or commonwealth with the ensuing subordination of the Arab element to a lewish majority. In fact, the Zionists had demanded the substitution of the words, 'the reconstruction of Pales-

tine as the national home, for 'the establishment in Palestine of a national home, but the British Government had insisted on the latter formula, which thus limited the character of the future national home in favour of the 'dual character' of the declaration which purported to take equally into consideration Zionist and Arab rights and aspirations."—Encyclopedia Britannica, 1946 ed., Vol. 17, p. 133.

As colonial secretary, Mr. Winston Churchill in June, 1922, made an official interpretation of the mandate. He said: "Unauthorized statements have been made to the effect that the purpose in view is to create a wholly lewish Palestine....His Majesty's Government regard any such expectation as impracticable, and have no such aim in view. Nor have they at any time contemplated, as appears to be feared by the Arab delegation, the disappearance or the subordination of the Arabic population, language, or culture in Palestine. They would draw attention to the fact that the terms of the declaration referred to do not contemplate that Palestine as a whole should be converted into a Jewish national home. but that such a home should be founded in Palestine."

"This statement of British policy." says the Encyclopedia Britannica. "was accepted by the Zionist organization, but rejected by the Arabs." King Abdullah's claims on behalf of the Arabs cannot be substantiated, nor can Dr. Silver's accusations against Great Britain. The fact is that the claims of both Jews and Arabs are irreconcilable, and their statements concerning Britain's promises are wholly without foundation. Their accusations against Britain are unjustifiable. That mistakes have been made in administering the mandate no one will question; but who would not make some mistakes in seeking to settle such irreconcilable problems as are furnished by Zionist Jews and Palestinian Arabs?

EVIDENCES OF ISRAEL'S SLAVERY

W. L. Emmerson

IN THE Valley of the Tombs of the Kings, I had recalled the passing of Moses' protector and the crisis which it precipitated in his life. Now I wanted to learn something of the plight of the Israelite slaves during the time that Moses was grewing up in the luxury of the house of Pharaoh, I did not have far to go, for I knew that the ancient necronolis in the western hills opposite Thebes, would reveal rec-

ords of the court officials who lived during this fateful period.

Crossing the turgid waters of the Nile once more, I set out for the tombs of Sheik Abd el Qurna, so-called after the family to whose care they have been committed. They are scattered over the eastern face of the hills behind which lies the famous Valley of the Tombs of the Kings.

Being private tombs of the officials of the pharaohs, they are naturally not on the grand scale of the tombs of the kings. Usually they comprise a wide decorated hall, beyond which a passage of varying length runs back into the hillside, ending in a niche containing a statue of the deceased.

But though these tombs are the last resting places of lesser men than the pharaohs, they are, in some respects, more important, for while the tomb paintings in the royal valley are concerned almost entirely with the adventures of the deceased pharaoh in the "underworld" after his death, the walls of the Qurna tombs provide us with some of the most vivid pictures of ancient Egyptian life.

I made my way first to the tomb of Intef, the "herald" of Thutmosis III. the oppressor of Israel. We know that he held this important office, for in his tomb was found a fine carved stele, or monument, now in the Louvre, Paris, describing his activities as "great herald," "first herald of the king," and "herald of the judgment hall."

His responsibilities were many. He was general administrative officer of Pharaoh, messenger of the judgment hall, and master of all the official ceremonies of the palace.

In his heraldic function he was the mouthpiece of Pharaoh to the people, passing on information regarding taxes and any tasks which Pharaoh saw fit to lay on them.

Concerning this last duty he describes himself boastfully as he "who conducts the people to that which they do, who says, 'Let it be done,' and it is done on the instant, like that which comes cut of the mouth of a god; who lays commands on the people to number their work for the king."

This makes us wonder whether Intef was ever called upon to communicate royal decrees regarding tasks to be performed by the Israelite slaves. The likelihood is that he was the officer from whom the

oppressive decrees actually originated!

Higher up the hill is the tomb of Menkheperresenb, who describes himself as "chief of the overseers of craftsmen" to Thutmosis III. Whether he was so busy carrying out his master's requests that he did not get his own tomb decorated, we don't know; but the only paintings in his tomb are in the entrance hall. which show him inspecting workmen in the "workshop of the temple of Amen." He seems to have confined his attention to the great temple of Amen at Karnak, though precisely similar officers must have had general charge over the erection of Pharaoh's store cities in Lower

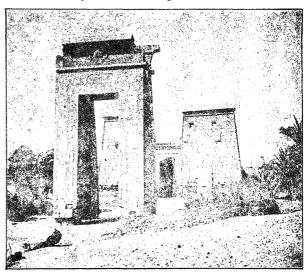
The most interesting tomb of all, however, was just inside the entrance of the upper enclosure. It was the tomb of Rekhmara, vizier to Thutmosis III and later to his son Amenophis II, the Pharaoh of the Exodus. This, incidentally, is regarded as the most important private tomb of the New Kingdom period still in existence.

Certainly no one could know more about Thutmosis III and the administration of the kingdom during the Israelite oppression, and it is therefore most remarkable that the pictures which he caused to be painted on the walls of his tomb three and a half millenniums ago have been so perfectly preserved. To left and right the walls were covered with colourful paintings.

First, I saw Rekhmara receiving his appointment as vizier from Thutmosis III, before whom he stands. He is told not to be "sweet" in the execution of his office, but rather "bitter." The Bible account bears testimony to his literal obedience to his instructions, at least in the experience of the Israelite slaves. "Let one be afraid of thee," Thutmosis told him, for "a prince is a prince of whom one is afraid."

Then follows an account of his duties, which not only constitute the fullest account of the responsibilities of a New Kingdom vizier, but also help us to appreciate the work of the earlier prime minister, Joseph. Savs J. H. Breasted:

"The vizier is grand steward of all Egypt, and ... all the activities of the state are under his control. He has general oversight of the treasury, and the chief treasurer reports to him; he is chief of police both for the residence city and the kingdom; he is minister of war, both for army and navy; he is secretary of the interior and of agriculture, while all the general executive functions of state, with many that may not be classified, are incumbent upon him. There is, indeed, no prime function of the state which does not operate through his office.'



Approach to the temple at Karnak, Egypt.

In the sphere of agriculture there are these interesting references in Rekhmara's list of duties:

"There shall be reported to him the high Nile."

"It is he who dispatches the official staff, to attend to the water supply in the whole land."

"It is he who dispatches the mayors and village sheiks to plough for harvest-times."

Actually, Joseph's work was more extensive than that of the New Kingdom vizier, for under the Old Kingdom there was one vizier for the whole of the land of Egypt, whereas Rekhmara had an assistant vizier to help him in the administration of northern Egypt.

Rekhmara further explains that the vizier "appoints the overseers of hundreds," the labour "taskmasters" who supervised the carrying out of Pharaoh's building operations. Presumably, therefore, he or his colleague in the north appointed the "taskmasters" who exacted grievous toil of the enslaved Israelites.

On the far side of the narrow hall a long passage was driven into the hillside, both walls of which were covered with more scenes from the

vizier's life.

Here Rekhmara is superintending the delivery of gifts of corn and wine to the temple of Amen. Over there he is inspecting the workmen of Pharaoh—carpenters, leatherworkers, goldsmiths, potters. Yes, and there is the picture for which I was specially looking—captives, obviously Semitic in features and dress, making bricks "for the works of the temple of Amen" at Thebes.

One of the lines of inscription dispersed among the pictures states that a bricklayer is "laying the brick, in order to build the storehouse anew."

The Bible tells us that the chief work of the Israelite captives was the building of the store cities of Raamses and Pithom, identified in the ruined mounds of Tell el-Retaba and Tell el-Maskhuta, which lie eight miles apart in the Wadi Tumilat, through which the modern railway runs from Cairo to Palestine.

It is quite possible, however, that some were employed in other parts of Egypt, even as far south as Thebes.

In this remarkably detailed picture of the toiling slaves, some are fetching and piling up the clay; others are getting water from a nearby river. One is carrying the mixed elay to the moulders, while another carries the moulded bricks to the stack, where they are to dry and harden. Still others carry off the dried bricks to the builders, one of whom is testing for straightness a wall be has built.

The paintings in Rekhmara's tomb do not show the incorporation of straw or stubble in the brick mixture, but one of the papyri which has come down to us records the complaint of a certain overseer: "I am not provided with anything; there are no men for making bricks. and there is no straw in the district." The Bible does not suggest that the captives had to make bricks without straw but, as in this case, no straw was provided, and they had the additional burden of foraging for this themselves without any reduction in the "tale" required of them.

Watching over these various operations are the "tasknusters." One sits on a brick watching the moulders. Another stands with cane upraised, while still another, bearing over his shoulder a wooden stick with a double thong of leather or hide, threatens: "The rod is in my hand, be not idle."

The Bible names two types of overseers, the "nogesim" and the "shoterim." These correspond with the tomb paintings and papyri illustrations which show the drivers or oppressors who flogged the captives unmercifully, while the latter, really scribes, arranged the work and food supplies and controlled the production rate.

As the Bible indicates, the "tale" of bricks was not by numbers but by measurement, and in Rekhmara's paintings one of the scribe overseers is seen measuring a stack of finished bricks

Passing from scene to scene in the walls of Rekhmara's tomb, I recalled how, at the command of God. Moses came back to Egypt from the land of Midian, where he had lived in obscurity for forty years, and began to move among the enslaved Israelites, witnessing their bondage and preparing himself to stand before Pharaoh.

Some doubts might be felt as to the possibility of Moses' being tolerated as soon as his disturbing influences among the captives was discovered. As a matter of fact, however, we have evidence from the papyri of strikes and strike organizers in the days of the pharaohs.

One record tells how in the

twelfth century. B.C., in the days of Raemses XI, a group of workers in the valley of the royal tombs at Thebes went on strike because their food rations were being diverted by unscrupulous officials into their own barns and houses. Not until Pharaoh sent along the chief "scribe" of his vizier was the strike settled and the men went back to work.

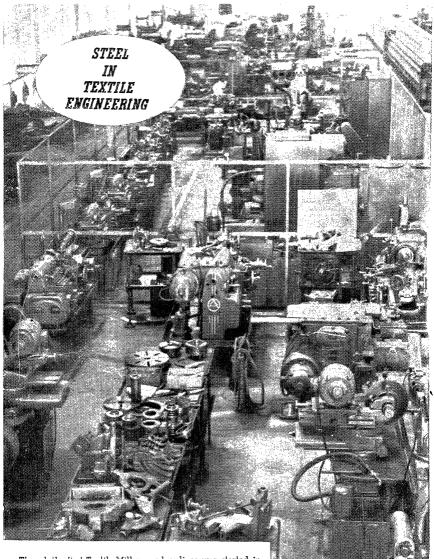
The labour leader's diary, in which we find this interesting little episode, shows that Moses would not have had any great difficulty, even in a land of slave labour, in getting among his enslaved kinsmen to prepare them for the great work which God was about to do.

When Moses appeared before Pharaoh to ask that the Israelites might be permitted to go into the wilderness three days' journey to worship, the monarch's refusal was accompanied by the comment: "Ye make them rest [or idle] from their burdens." Exodus 5.5.

In the British Museum there is a chalk tablet on which a labour overseer recorded absences among his workmen, together with the excuses which they offered. Frequent among these was the desire on the part of the workers to worship and sacrifice to their gods. Sometimes it may have been genuine, but no doubt it was used as a plausible excuse by the slackers, like the "grandmother's funeral" pretext in more modern times.

"When then Moses came to Pharaoh with the demand that the children of Israel should be granted leave for sacrificing to their god," says Professor Yahuda, "Pharaoh saw therein nothing else but the accustomed pretext and bluntly refused the demand. We now understand why the reason given by Moses so much enraged Pharaoh; for he had had enough with the pious pretensions of his own folk and it would be too much to allow also the aliens to make use of such pretexts."-Accuracy of the Bible. page 77.

The rest of the pictures in Rekhmara's tomb represent him banqueting, listening to his musicians, or boating on his private lake. Fascinating indeed it was to pass from scene to scene of the vizier's life as depicted upon the walls of his tomb and to recall that this was the man who, under Pharaoh, was responsible for the great oppression which preceded Israel's release from Egypt.



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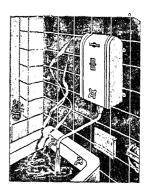
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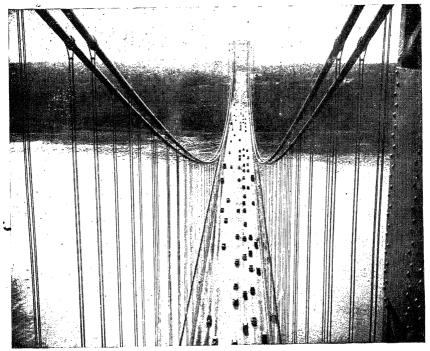


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WATER HEATER

The Oriental Watchman and Herald of

A MAGAZINE FOR HEALTH HOME AND HAPPINESS



Washington Bridge, N. Y., U. S. A.

U. S. I. S.

HOW TO CURE THE CIGARETTE HABIT
THE EFFECT OF STIMULANTS
WHY DO PEOPLE DRINK?
THE POOR MAN PAYS
RECIPES

ALCOHOL AND THE PROGRESS OF PROHIBITION ALCOHOL AS A SURGEON SEES IT AN ENEMY IN THE MOUTH SOCIAL DRINKING

THE DOCTOR SAYS

TEMPERANCE ISSUE

40TH YEAR OF PUBLICATION

FEBRUARY 1949



PROHIBITION AND TEMPERANCE EDUCATION

SOME of the provincial governments in Southern Asia are rushing into the adoption of rather stringent measures for the prohibition of the use of alcoholic beverages, thus rousing resentment and disgust on the part of those who assert that this is an infringement of all personal rights and liberties. Some who drink intoxicating liquors. and a very rare one here and there who smokes tobacco, actually seem to recognize that non-drinkers and non-smokers also have some rights. But many drinkers and by far a great majority of smokers, seem sublimely ignorant of the fact that non-drinkers and non-smokers have any basis for feeling annoved or inconvenienced by smoke, or drink whatever the place, time, or circum-

Of the two classes of offenders the smokers are by far the most inconsiderate, unmannerly, and obnoxious, assuming that it is their inalienable right to blow their foul, stinking, poisonous fumes into the faces of any and all in their presence. They commonly misbehave like the lout who walked into the midst of a gathering of people carrying on his shoulder a long stick with which he poked the hodies and faces of others. In reply to remonstrance, be asserted that he lived in a free country and that it was his right to carry his stick as he pleased; to which assertion one replied: "It is true that this is a free country but your rights terminate where my nose begins."

We do not deny that under certain circumstances it may be one's civil right to eat, drink, or smoke as he pleases, but we do deny that it is his right to do so under all circumstances regardless of others. Teetotallers and non-smokers as a class do not annoy and inconvenience fellow travellers or associates in close quarters. Drinkers and smokers will do well to remember that their rights terminate where the eyes, noses, and feelings of others begin.

We believe that the enforcement

of prohibition laws might be more effective if the people were first prepared for them by education. It is true that there are in our midst many ghouls who are always ready to enrich themselves on the carcases of those who have perished by the poisons they have supplied. Who have no compassion for children, or wives who are made homeless and who go hungry because of drink; who, for the sake of heaping up more filthy rupees, gloat over their success in converting wholesome and urgently-needed food grain into poisonous drink; who oppose all proposals for prohibition legislation and who would suppress all temperance education. Such, naturally, are as impervious to truth and the effects of education as axle-grease is to water.

Then there are those who, having formed a habit, and feeling that they find pleasure in it, indulge in the privacy of home or in social gatherings without inflicting themselves on others in any obnoxious manner. Some such, though recognizing the evils of drink, still oppose prohibition as an infringement of their rights. It is a selfish and inconsiderate attitude to assume. For though they are aware of the enormous damage perpetrated on the land by alcohol, still they are willing to let it continue unabated in order to gratify an undesirable and health-destroying propensity.

There are others who oppose prohibition because they know no better. Because of ignorance of the nature of alcohol, and because of that which they have been taught, they believe that there is actually virtue in taking liquor habitually as a food or medicine. Liquor manufacturers. dealers, and politicians who are making themselves wealthy in the foul business, are busy always with their lving propaganda and resent anything and everything that may oppose it, but multitudes of those who opposed prohibition because of their ignorance have been converted on this issue when they learned the

truth about alcohol. Education bore wholesome and abundant fruit.

There are some non-drinkers who oppose prohibition legislation because they have seen the undesirable results of unwise legislation. Others oppose it because on general principle they oppose almost everything that government does or proposes to do. Others oppose it because they object to being told what they may or may not do in any matter whatsoever. Some natures lend to do that which is forbidden for the sole reason that it is forbidden, but whatever the cause of opposition may be, it is certain that a vigorous campaign of temperance education can but be helpful, because a people who rebel against government do not readily and willingly co-operate. Ignorance and non-co-operation are best combated by education. Enforced legis-lation is likely to bring results sooner, but education is more likely to make the results permanent and more genuine.

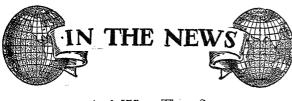
Human nature is such that when it acquires a little power or authority there is an inclination to exhibit and exercise that authority and power to the utmost, especially in petty positions. Since the majority of government positions are petty positions occupied by officials who are often petty not only officially but also by intellect and nature, most of them seek gratification for their nature by over-working their authority and power. There are notable exceptions to this rule and now and then it is really gratifying to meet some really noble and broadminded characters among those who serve in a multitude of petty offices, but the legislation adopted and the methods chosen to enforce it are often such as to arouse resentment in those affected. Bullying, intimidation, threats, and coercion are not best designed to secure co-operation from all. Dissemination of knowledge and information and organized education that is propaganda of the right kind, are more likely to produce the desired

results than the methods often chosen. The most powerful prohibition of alcoholic drinks is a group of people who abstain because they are intelligently informed regarding the evils of liquor, and who therefore voluntarily avoid these evils and who shun them because they choose to do so and not because they are compelled by some law against which they rebel. It is too much to expect that civil governments shall be so gentle, patient, and considerate as to attempt to bring about prohibition by education alone, but we believe that it is not too much to expect a vigorous campaign of temperance education to go along with other means adopted. There are nongovernment temperance organizations that are doing a noble work in this respect, but at the best their efforts are small and feeble in comparison with what right-minded governments might do. Now, since certain governments have taken upon

themselves to institute and enforce prohibition, they should immediately follow up that action with commonsense education which would convince at least the majority of the population of the wisdom of such legislation.

They who prefer anarchy to government and they who are criminally inclined will carry on in spite of laws and the wishes of the majority who want nothing to do with drink. The fact that these comparatively few persist in making and selling the obnoxious stuff, is not a reason for throwing down the bars and leaving the way open. A caged and chained tiger is dangerous, but because he cannot be tamed none but the veriest fool will recommend that he be released to do his murderous work without restraint. But the intelligently educated people will not be easily deceived by lying propaganda. They will abstain from the use of liquor because they despise it and will not need to be forced to do so. All in possession of their right minds know enough to flee from a striking cobra.

If the work of temperance education were promoted and advanced as it should be and might be, if in the many villages and towns the advantages of the temperance cause were presented to the people; the evils of intemperance in eating and drinking, and especially the evils of liquor drinking in all its forms, much could be done within a few years to influence the people to adopt prohibition voluntarily. If the zeal of the temperance cause workers was in proportion to the importance of the matter, the cooperation of millions who are now indifferent or antagonistic would be enlisted. In our educational institutions as well as outside their walls. this kind of education is more important for Southern Asia than



And What They Say-

A Curse

"I BELIEVE that the drink habit is one of the greatest curses that has descended upon mankind."—Mahatma Gandhi.

Waste

"THE waste resulting from alcoholism, as well as the waste that occurs in dealing with the problem is great; prevention, education, and the good will of industries and communities are essential for the solution of this problem."—E. M. Jellinck.

Insult

"THE operation by the Government of taverns merely as tax-gathering stations constitutes an intolerable insult to preventive medicine."—
J. K. Hall, M.D.

Could and Would

"A DRUNKARD'S life has two chapters: First, he could have stopped

if he would; second, he would have stopped if he could."—Francis E. Willard.

Winning

"IF prohibition of alcoholic liquor is essential in winning a ball game, how much more essential is it in winning the greater game of life."—Senator Shepard.

Wine

"And the Lord spake unto Aaron saying, 'Do not drink wine nor strong drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: it shall be a statute forever throughout your generations: and that ye may put difference between holy and unholy, and between unclean and clean."—Bible (Leviticus 10:8:10).

Dangerous

"Women cannot smoke moderately. Among growing girls, particu-

larly among those developing mentally and physically, the habit is extremely dangerous."—Dr. Samuel A. Brown.

Shakespeare or higher mathematics.

Temptations

"You are more likely to fail in your career from acquiring the habit of drinking liquor than from any of all the temptations likely to assail you." Andrew Carnegie.

Advancement

"Let drink absolutely alone. He who drinks is deliberately disqualifying himself for advancement. Personally, I refuse to take such risks. I refuse to drink."—William Howard Talt.

Deaths '

Since the war more deaths have occurred among American troops in Europe as a result of alcohol than from all communicable diseases combined, according to the chief of preventive services. This includes tuber-unlosis, syphilis, typhoid fever, and all the infections.

Conditions Worse

Less than half the members of the republican and democratic parties in America favour the liquor traffic as it is now. Approximately 31 per cent of the republican committee and

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13 per cent of the democratic committee consider present conditions worse than under the eighteenth amendment when prohibition was in force.

Moderation

Some misguided persons favour "drinking in moderation." Richard L. Evans, writing in the *Union Signal*, says that words mislead us, and as an example suggests:

What about stealing in modera-

tion?

What about lying in moderation?
What about immorality in moderation?

What about cruelty in moderation?

What about dishonour in moderation?

What about murder in moderation?

What about blasphemy in moderation?

What about any vicious or undesirable act or practice or habit—even in moderation?

John Harvey Kellogg, M.D., Says:

"ATHLETES, when in training, are never allowed to smoke. Every trainer is familiar with the deadly effects of tobacco. Why shouldn't the business man, the professional man, the statesman, as well as the sportsman, show equal interest to protect his body from the evil effects of a drug which is the deadly foe of efficiency, both mental and physical?"

Pattern of Hell!

King James I of England (1566-1625) wrote a long treatise against tobacco. In it he says that "tobacco is the lively image and pattern of hell, for it hath, by allusion, all the parts and vices of the world whereby hell may be gained; to-wit: 1. It is a smoke; so are all the vanities of this world. 2. It delighteth them that take it; so do all the pleasures of the world delight men of the world. 3. It maketh men drunken and light in the head; so do all the vanities of the world; men are drunkards therewith. 4. He that taketh tobacco cannot leave it, it doth bewitch him; even so the pleasures of the world make men loath to leave them; they are for the most part enchanted with them. And farther, besides all this, it is

hell in the very substance of it, for it is a stinking, loathsome thing, and so is hell."

A. C. Clinton, M.D., Saya:

"A GOOD deal has been said about the evils of cigarette smoking, but one-half the truth has never been told. Cigarette smoking first blunts the whole moral nature. It has an appalling effect upon the physical system as well. It first stimulates and then stupefies the nerves. It sends boys into consumption. It gives them enlargement of the heart, and it sends them to the insane asylum. I am often called in to prescribe for boys who have palpitation of the heart. In nine cases out of ten this is caused by the cigarette habit. I have seen bright boys turned into dunces, and straight-forward honest boys made into cowards by cigarette smoking. I am speaking the truth that nearly every physician and teacher knows.

Dr. Clinton is physician to several boys' schools, and speaks from a wide experience.

Old Enough to Know Better

MRS. GRACE SLOAN OVERTON tells of one evening when she was invited to be the guest in a home where cocktails were served before dinner. When Mrs. Overton declined to drink, it aroused the curiosity of the little eight-year-old daughter of the host, who queried, "Isn't Mrs. Overton old enough to drink, Daddy?" In an attempt to relieve the embarrassment of the situation, the father replied, "Perhaps she is old enough to know better." Quickly the child retorted in an earnest tone of voice, "When will you be old enough to know better, Daddy?"

Ceylon—Difficulties With the Liquor Traffic

IN FERRUARY, 1948, the crown colony of Ceylon became a British Dominion. The greatest problem encountered has been in connection with the liquor traffic. It is interesting to note that a Ceylonese Buddhist preacher once declared: "Before we were evillized or heard of the Christian religion, our people were known for their sobriety. Your Western civilization has taught us the drink habit, and unless immediate repressive measures are taken, we shall soon become the

degenerate descendants of a noble race."

Turkey—Rum and Crime on the Increase

ACCORDING to figures released in the National Assembly, 19,000,000 Turks in 1947 drank 880,000 quarts of raki, about twice the amount drunk before the war. Raki is a little weaker than vodka and a little stronger than gin. The enormous increase has resulted in a corresponding increase in crime.

Iceland

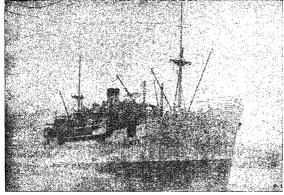
ICELAND's prison population has greatly increased since the repeal of prohibition. During 1916 and 1917, when Iceland had total prohibition, there was only one man in jail for a serious offence in 1916 and none in 1917. By 1940, after repeal, there were 100 serious offences in the capital city alone.

Medical War Crimes to Be Outlawed

The newly organized World Medical Association plans to outlaw medical war crimes at its next meeting which will he held in New York. Doctors all over the world will take an oath refusing to perpetrate experimental and non-experimental crimes and human barbarities such as those committed in World War II. It is planned that they will take this oath at the time their degrees are conferred just as U. S. physicians take the Hippocratic oath on receiving their medical degrees.

Many medical atrocities were perpetrated in the last war in the concentration camps. There were some committed in the name of medical experimentation, particularly in the field of sterilization. Many of the victims were young men and young women. Some reports say that a number of these suffered so much that insanity resulted.

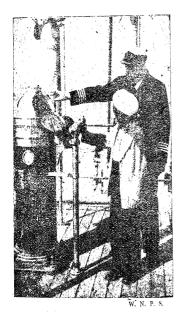
It is a crime of the greatest magnitude when medical people use human beings as guinea pigs, and cause them to suffer needless pain. Whether the victims be friends or enemies, such inhumane practices are certainly unethical, and this is putting it mildly. We commend the action that is being taken by the World Medical Association to outlaw these things. We trust that the physicians will not only take the oath, but live up to it.



First Indian passenger ship docks in Britain. The 8,436-ton "Jal Azad" arrived there from Bombay in August 1948. The ship is manned mainly by Indians but has some European officers. She carried 100 passengers.

W. N. P. S.

India's High Commissioner in London, Mr. Krishna Menon, with three stewardssses, as he welcomed the "Jal Azad" at Tilbury.



THE ORIENTAL WATCHMAN, FEBRUARY 1949



vv. 12. 11. 0.

Turbanned Madaker Singh of the Punjab, aged twelve, inspects some of the "Jal Azad's" instruments under the guidance of the Master, Captain Robert Memery.

SO FAR as the expenditure on drink in both Great Britain and the United States is concerned, it has been held by competent authorities that it is, in the language of a temperance worker who had studied the matter with great care and thoroughness, "a reasonable calculation to put two-thirds of the drink expenditure down to the working class."

So far as India is concerned, it is an admitted fact that by far the largest amount of excise revenue is drawn from toddy and country spirit which are almost exclusively consumed by the masses who do not know what it is to enjoy healthy and efficient conditions of life. Being ignorant and reckless of the consequences, they fly to liquor which induces a temporary state of ex-

hilaration and oblivion. Enhancement in the revence from this source so far at least 13 India is concerned, implies an increased tendency towards moral, intellectual and physical degradation and ruin.

Assuming that there has been no increase in the total drink and drug bill of India as estimated by Shree Rajagopalachari since 1934, that is fourteen years ago, and taking the population of undivided India at forty crores, the annual per capita expenditure on stimulants and narcotics works out at Rs. 2-8 per year. It has been contended that as this is nearly one-fourth of what is spent in Great Britain and about oneeightieth of what is spent in the U. S. A., on drink, the alcohol problem is not so insistent here as in these two countries. The reply to this was given by Sir William Harcourt who, speaking in the House of commons in the course of the India Excise debate in 1889, said,

"The fallacy of that argument has already been pointed out, because, although only a small part of the population drinks, you spread the amount over the whole population. We are, however, dealing with an extremely poor people, who live on a handful of rice and whose clothing is a single rag."

Therefore, Sir Harcourt who knew India well and who, therefore, was quite familiar with conditions here, stressed the fact that the amount spent on drink took a far larger percentage of the earnings of the Indian consumer than in the case of such a person in any western coun-

As regards the taxes imposed on the liquor consumed by the well-todo classes, the position seems to be that their expenditure on this item is not ordinarily so high as to compel them to do without the necessaries of life. At the same time, it does, in many cases, lead to the adoption of a lower standard of life and failure to make adequate provision for old age, sickness and the like. But no one can deny that these, too, suffer from the same kind though not always the same quantum of moral, intellectual, and physical damage as poorer alcohol addicts.

THE ONLY REMEDY

The only remedy under such circumstances seems to be that, in addition to the renewing of old or the forging of new social and religious restraints which naturally would be operative in some cases, something of a more drastic nature is required for the total eradication of the drink evil in our motherland-a remedy which must be such as to discourage drinking not only among the poor but among the rich and the educated also. And this because if alcohol is really the poison it has been shown to be, India owes it to herself to save all her children, rich and poor, educated and ignorant, from poisoning themselves through its agency.

Ours is such a poor country with so many things to be done for the masses that we cannot afford to spend the 100 crores which, according to Shree Rajagopalachari, is the amount wasted in the purchase of drink and drugs, receiving in exchange diminished physical and in-



Drink collects from the poor man.

THE POOR MAN PAYS

H. C. Mookerjee, M.A., Ph.D. Vice President, Constituent Assembly of India

tellectual efficiency, greater ill-health, more disease, misery, and crime and still deeper poverty. Nor can we wait for the introduction of prohibition till the excise revenue goes down materially through future tightenings of the system of control. The extinction of the alcohol menace cannot be looked for without drastic State intervention.

It is maintained that what has been said previously is more than sufficient to prove that we must have prohibition for the good of the country. The will of the people voiced through their elected representatives has been made known to their leaders. And both the Central and the Provincial Governments have agreed to obey the mandate given to them.

WHO ()PPOSE PROHIBITION AND

It has been shown already that is the poor who contribute the major part of the excise revenue. A glance through any volume of the Statement of Accounts and Finance of the Central Government or the Statistical Abstract of British India will show that the revenue derived from pachai, toddy, and country spirit, all consumed by the poorer and the poorest classes, constitutes between 75 to 80 per cent of the total excise revenue. The taxing of drink and drugs, like the taxing of salt, is thus a satisfactory method of making the poor bear part of the cost of administration of the coun-

It thus follows that, from the purely fiscal standpoint, the taxation of alcoholic beverages which violates the recognized canous of taxation is indefensible. It does not tax a man according to his means, but on his vices. The State facilitates what may be called the wasteful expenditure of a rupee by the poorest of the poor, so that it might secure four amas in the shape of revenue, all the time being aware that loss of wealth by the tax-payer is the least part of the injury suffered by him.

The result of this selfish attitude on the part of those from whom better things are expected is that a portion at least of the taxes for meeting the cost of administration is shifted from the shoulders of the rich to those of the poor and the needy. And this is quite easy as the governing classes as well as the legislators are drawn either from the rich and the powerful or their representatives. This largely explains the fondness displayed hitherto by politicians for the policy of controlling liquor.

Any measure such as the introduction of prohibition calculated to adversely affect their economic interests, can be, and as a matter of fact is, immediately challenged in and outside the legislature so that those sponsoring it even if their aim is to benefit the poor may be persuaded to recognise the folly of going against vested interest. If they persist in their obstinate course, they can always be thrown out of power.

This has been our experience in India also. For instance, when, in pre-Congress days, we pressed for the genuine grant of prohibition in places in Bengal where large or tairly large quantities of drink and drugs have been habitually and

regularly consumed, those who against the relevant resolutions were landlords, money-lenders, men engaged in business, commerce and industry. What was remarkable was that so far as opposition to prohibition was concerned, it was found that European, Anglo-Indian, Hindu and Muslim capitalists and their henchem who, on other questions held conflicting views, and freely cast their votes against one another, united for once and rejected all the resolutions one by one.

There was a similar experience in the United Provinces where meetings were organized to protect against the imposition of prohibition because this would bring in its wake new taxation. The leadership in the organization of these meetings came from the capitalistic classes and we saw, to our surprise, the British and Indian industrialists who, on other occasions, had many hard things to say against one another. Hindu and Muslim landlords who, as members of their respective communal organizations ordinarily abused one another roundly, meeting on a common platform and accusing the U. P. Congress Government of passing expropriatory legislation and the like. All this is clear proof that though these and similarly minded persons try to mislead the people by emphasizing the impracticability of prohibition, what they really object to is the added contribution they feel they would be called upon to make to the revenue of the country.

These are the people who have always drawn attention to the difficulties which will have to be surmounted if and when prohibition is introduced and various are the reasons put forward by them for not attempting to carry through what they are pleased to regard as an impossible task. What is overlooked is that difficulties will always have to be faced whenever really good work is sought to be done and that if this is our aim, they must always be overcome.

Below are considered some of the more important arguments advanced by this class of people and it will be shown that, on the whole, they are not unanswerable.

INEVITABLE DEFIANCE OF LAW

It has been held by such people that it would be wiser not to have legislation imposing prohibition as it is bound to encourage illicit traffic in liquor. We are also informed that illicit liquor will be made available by those who are always prepared to participate in any activity, however wicked or dangerous, so long as the profits secured are sufficiently attractive. And such people would always find a ready market for their wares because the world is full of addicts and prospective addicts ready to pay any price, however high, for the soul and body-destroying poison without which life loses all its charms for them.

As regards the point raised here, namely, that it is not wise to enact laws which can be enforced only with difficulty, a question which may be asked is whether it is suggested that society should put on its statute books only those laws which the people can be made to obey without difficulty? And if the criminal classes, always thrown up by society in sufficiently large and embarrassing numbers, strongly favour certain anti-social activities such as highway robbery, forgery, and the like, laws for the suppression of which can be enforced only with the greatest difficulty, are we expected to legalize them thus encouraging their wide prevalence?

If this is not what is meant, the above argument cannot apply in the case of prohibition, for the traffic in liquor is a greater social danger than gambling, more dangerous than the making and the circulation of counterfeit money—activities placed under the ban of the law.

It is admitted that the introduction

of prohibition may, for some time at least, encourage illicit manufacture and sale of liquor. But as the machinery for stopping them gathers momentum, not only the dealers but also the purchasers of illicit liquor will meet increasing difficulties and most of them will refrain from their illegal activities for fear of the law.

But no one can guarantee that with prohibition all over our land, illicit practices will be completely stopped. That they have been going on all along is seen from the numerous cases reported in the newspapers and in the Excise reports of our provinces. It is surprising that no one demands the scrapping of the existing system of control because of its lack of one hundred per cent success in stopping the illegal manufacture and sale of liquor. One fails to understand why the same charitable attitude is not shown towards prohibition from which complete and perfect disappearance of illicit practices is demanded.

According to Henry Ford, the American prohibition law was enforced with only sixty per cent success but, even then, it produced a marvellous change in the social and economic life of the nation. With the general support of the public, we in India can hope for at least ninety per cent success, for here the preventive officers will always get the whole-hearted co-operation of the people and that ought to satisfy any reasonable man.

CURGERY, particularly heavy ma-) jor surgery, is a trying experience to the human body. Any factor. or combination of factors, that lessens the body's resistance to infections and impairs its healing process is a detriment to a smooth convalescence and a quick recovery. It has been proved in the numerous medical clinics that chronic excessive use of alcohol undermines the constitution and lessens the resistance of the hody to certain infections. The lessened resistance to infection is due to the fact that alcohol inhibits the movement of the white blood cells from the capillaries to the invading bacteria in the tissues. Alcohol is a narcotic which, when used even in its smallest amount, is not without harm. It is a compound closely related to ether, and has the same effect upon the nervous system and body. When alcoholic beverages are taken repeatedly over an extended period of time, they produce an inflammatory condition of the stomach which medically is called "gastritis." This inflammation of the lining or mucosa of the digestive tract may affect the digestive processes, which in turn will lead to certain nutritional deficiencies. These deductions are obtained by studying many cases of chronic alcoholism in large city institutions.

This is the day of the vitamins; everyone is now conscious of the important elements of nutrition. Many people, however, fail to realize that the prolonged use of alcohol, may lead to a lack of these essential nutritional elements. This is due to two factors: First, one who is drinking considerably is not eating adequately; secondly, as above stated, the absorptive ability of the digestive tract is impaired. These facts have a definite bearing in the field of surgery.

In order to rapidly and completely recover from any surgical procedure, the nutritional clements, especially the vitamins and proteins, must be up to par. A deficiency in these impedes the healing process. From the stomach and small intestines the abalcohol passes sorbed through the liver tissues and thence to the general circulatory system, where it is distributed fairly evenly in all the tissues. The concentration is the highest in the brain and the lowest in the bone. This attack of alcohol upon the liver plus a deficiency in the diet may produce a fatty degeneration in the liver. As

ALCOHOL AS A SURGEON SEES IT

ROWLAND F. WILKINSON, M.D.

THE ORIENTAL WATCHMAN, FEBRUARY

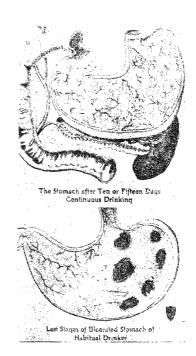
this process is carried on over a long period of time the well-known cirrhosis of the liver develops. This word "cirrhosis" simply means replacing the cells of normal tissue with scar tissue. Cirrhosis of the liver occurs eight times as frequently in alcoholics as it does among the general population. Studies of the past ten years show a significantly greater number of younger persons with evidence of this disease. These above findings have been confirmed many times at the autopsy table. Jaundice has also resulted from acute changes in the liver after an alcoholic debauch.

A well-functioning liver is considered important to the surgical patient. This is because the liver is the organ of protein metabolism, the manufacturer of blood-coagulating elements and the storehouse for sugar and glycogen. Thus it is obvious that when it becomes necessary for an individual low in nutrition and blood-coagulating elements to undergo surgery, with its loss of blood, he is placing all the organs of his body, and particularly his liver, under a marked strain. Such a procedure is sometimes fatal.

Alcoholism makes the patient's diagnostic problem infinitely greater The symptoms sometimes produced by either chronic or acute alcoholism so closely simulate the symptoms of certain diseases that the picture becomes confusing. This is especially true in acute abdominal conditions and in head injuries. More than once have I seen an abdomen opened for an acute surgical condition, and nothing was found. The symptoms were all produced by the acute inflammation in the lining of the stomach and intestines caused by the drinking. It often confuses the picture of ruptured peptic ulcers, acute appendicitis, and acute inflammations of the pancreas.

A recent case in my own practice illustrates this point well. About five o'clock one morning I was called to the emergency room of a near-by hospital to see a young man twenty-five years of age, in excruciating upper abdominal pain. His abdomen on examination was found to be as rigid as a board. On listening to his abdomen, there was no motion of his bowels. Our subsequent blood work and everything in the studies pointed to a ruptured peptic ulcer. He gave a history of drinking six or seven bottles of beer

every night for the previous three years. Now the question was: Did he really have a peptic ulcer, of was this an acute inflammation of the stomach to his drinking? I could not be sure. 1 operated him and found that there was no perforating ulcer or any other intraabdominal c a t a strophe. The outside lining of his stomach was wet and soggy, a condition we call "œdema." The diagnosis was obvious.

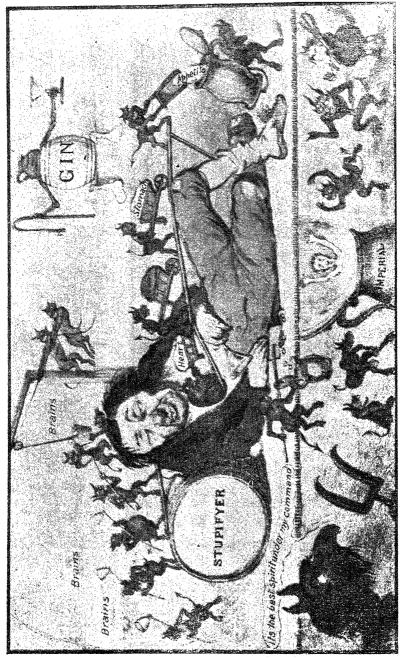


Many well-known surgeons and gastroenterologists believe that the continual use of alcoholic beverages is the cause of many of the affectations of the stomach, small intestine, and pancreas. The common complaint of "indigestion" can be directly attributed to this cause. Most of the cases of perforated peptic ulcers and soute pancreatitis have been preceded by ingestion of liquor.

I am sure that no patient would want to be operated upon by a surgeon who had taken a "drink" just before the operation. Surgery requires both skill and judgment on the part of the operator. Errors in either may mean the difference between life and death, or may affect the subsequent health and happiness of that individual. Realizing the concern that the patient feels relative to the fitness of the surgeon who is to perform this work of skill upon his body, it would seem reasonable that such a person would have interest enough in his own fitness for the ordeal to have himself in the best possible condition.

Probably the most important single factor necessary to a well-executed operation is a good anaesthetic. Frequently I have observed an anaesthetist putting a patient to sleep with difficulty. The anaesthetist will often comment: "This patient must be a habitual imbiber." And usually he is right; for, as mentioned before, alcohol is similar in structure and effect to many of the anaesthetic agents used. It is interesting to observe in this connection that before the days of chloroform and ether. alcohol given in intoxicating doses was the anaesthetic used for major operations. The tolerance built up for alcohol also builds up tolerance to the anaesthetic agents, thus requiring more anaesthetic to put the patient to sleep and thereby decreasing the margin of safety.

From time immemorial the use of alcohol as a beverage has been a curse to the human race. How shortsighted and foolish it is to spend money for the so-called pleasures that ruin health and efficiency, that crowd our divorce courts, criminal courts, and hospitals with tragic. yet preventable cases. Truly King Solomon was right when he said: "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise."



SOCIAL DRINKING

Oscar L. Brauer, Ph.D.

Professor of Chemistry and Physics

**IT IS startling to think that in our land one out of three whom we meet is incapable of continuing any form of alcoholic usage without courting a very present danger of being damaged or wrecked by its potency." Thus says Robert S. Carrol, M.D. of U. S. A.

There is a quite general impression among even the better educated people that the only social drinker who runs any risk of becoming an addict or a chronic alcoholic is one who has psychotic tendencies (tendency toward insanity), or at least is a psychoneurotic (extremely nervous). It is true that the psychoneurotic person is more vulnerable to alcoholic damage than is the average. He will become a chronic alcoholic sooner than the more nearly normal person, but the latter with enough drink will arrive in that condition eventually. J. Y. Dent says that anyone can be made an addict, but that the amount of drinking required for this depends on the constitutionally inherited tolerance.

On the other hand, in the absence of drinking, the psychoneurotic persons are often the ones who achieve most in life. By the avoidance of the first drink, and the absence of some great crisis in the life, latent, insanity may never develop, and the individual will live a normal life. In fact, any individual with any type of handicap will adjust to life better without alcohol than with it.

When we take an objective view of the idea that alcoholism is a disease we get the impression that the whole situation is a paradox. In many respects it is ridiculous. It is a devastating disease.

There are three possible attitudes toward drinking, or goals of education in regard to alcohol. One might educate for drunkenness, educate for social drinking, or educate for total abstinence. No person in his right mind would plan to be a drunkard or advocate the education of individuals to become drunkards. Not even the Brewer's Association would advocate this, This leaves us the choice between two goals: social drinking or total abstinence.

A dangerously large proportion of the people in our high pressure, highly complex. and bewildering civilization are psychologically doomed to become alcoholics once they have crossed the line from total abstainer to social drinker.

The only safe rule for the individual, and the only safe rule to hold up before our children in the home and in the school, is total abstinence. No individual knows whether he is among those that will be psychologically doomed if he becomes a social drinker. No parent and no teacher knows that the child under his responsibility can safely become a social drinker. Why not teach the child to play safe and not take a chance? A good healthy body and mind is by far the most valuable asset an individual can possess. Any teacher or parent who is not teaching his children to conserve their health in every possible way is neglecting his duty.

The line of separation between the total abstainer and the social drinker is definite. Every individual knows where it is, and it is the same for every person. Moreover, when anyone is tempted to cross that line, he is in complete possession of all his mental faculties and has the best chance to reject the suggestion. The social drinker does not know where the line of demarcation between being a social drinker and an addict is for him. It is at a different place for different persons, but no one knows where it is for anyone. What is more serious, the drinker does not know when he crosses the line between social drinking and addiction. In fact, he is the last person to realize that he has crossed the line.

When the unfortunate addict finally admits that he is no longer a social drinker, it is nearly always too late to get back across the line in his own power. Even when reclaimed by long and expensive treatment in an institution, all psychiatrists agree that from then on total abstinence is the only possible goal for him. He never can again be a social drinker. With the first drink he is doomed to continue on to the drunken condition.

What makes the condition of alcoholic addiction especially serious is the fact that so many of the addicts are incurable. No method of treatment has yet been devised which can cure much more than fifty per cent of the addicts. A large part of them are incurable, and custodial care is all that can be done for them. The sad part of the picture is that these incurable alcoholics would have made fairly satisfactory adjustments to life if they had either never lived in an alcoholic environment or if they could have been educated never to touch alcoholic drinks.

In geometry certain self-evident facts are called "axioms." The science of geometry is based on the axioms. The first axiom upon which to build our control of alcohol is:

AXIOM No. 1. Human beings do not have to drink alcoholic liquors.

The following native peoples had no intoxicating liquors until the white man came: Tasmanians, Negritos. Bushmen. Hottentots, Australians. Terre del Fuegans, Indians of Central California, Indonesians, and natives of New Guinea. What is more, forty-two million people of the United States do not drink alcoholic beverages.

AXIOM No. 2. If people did not drink alcoholic beverages, all the trouble caused by drinking would be eliminated.

Under a non-drinking condition the millions of alcoholics with their hopeless outlook and immeasurable miseries would not develop. Their families and friends would be spared great unhappiness. Half of the crimes would disappear. Thousands of persons now dying from alcohol directly or indirectly would have many more years of profitable existence. Our insane asylums would be denied about one-third their inmates who now come there because of alcoholic damage.

Haven't we established the fact that there is only one sensible attitude toward alcoholic drinks, and that is to leave them absolutely alone? Isn't it evident that we should teach our children by example and precept to avoid alcoholic drinks throughout life? There is no other safe plan.



ALCOHOL and the PROGRESS of PROHIBITION

L. G. Mookerjee, Secretary, Southern Asia Temperance Society

DOCTOR Roy L. SMITH, editor of The Christian Century, says of alcohol: "The chemist defines it as poison; the biologist defines it as a hazard; the pathologist calls it a narcotic; the sociologist calls it a waste; the economist calls it a parasite; the psychologist calls it a deceiver; the criminologist calls it an accessory after the fact of orime."—"Watchman-Examiner, June 26, 1947.

THE TRUTH ABOUT LIQUOR

"Liquor blights debauches, damns for time and eternity. Liquor has coerced legislation, corrupted politics, wrecked homes, destroyed humanity, bankrupted families, wrecked cars and lives of thousands upon thousands of people, increased crimes, etc."

"Did you know that the first universal empire. Babylon, containing perhaps the most strongly fortified city in the world, with a wall 350 feet high and 75 feet thick surrounding it, was taken by Cyrus, the Persian, because Belshazzar and thousands of his lords were engaged in a drunken feast? That was in 538 B.C."

"You remember how Alexander the Great, after he had conquered the then known world was himself conquered by the wine cup and died a drunken debauchee at the age of thirty-two."

"Did you know that the Battle of Waterloo. June 18, 1815 was lost by the dilatory action of Marshal Ney who drank too much Burgundy the night before?"

During World War I, according to a press report, when the Germans were closing in on Paris in March. 1916. before the Battle of the Marne. "The French had left a great supply of alcoholic drink as the surest means of retarding the German advance. Two whole divisions were found drunk ready to be cut down by the Allied troops... The wine-drenched Germans were simply mowed down by the enemy machine guns."

Then there is the matter of the French "debacle" in the Second World War, Marshal Petain made the following statement: "Our soldiers were drunk and could not fight. Since World War I, the spirit of pleasure, of riotous living, and drinking, has prevailed over the spirit of sacrifice."

It has been said that eighteen per cent of the French soldiers from the Maginot Line were in hospitals suffering from delirium tremens at the time of the invasion. As Marshal Petain admitted, "Alcoholism was the chief cause of the French army's moral collapse and the worst of France's four great problems."

"Immediately after the experience of that fateful night of December 7. 1911 at Pearl Harbour, all saloons there were closed, and intoxicants were forbidden to officers, soldiers and sailors. But the doors of the saloons were closed too late to save Pearl Harbour."

"Alcohol also was heavily at fault in the fall of Singapore."

We are fighting Germany, Austria and Drink and as far as I can see, the greatest of these deadly foes is Drink," said David Lloyd George.

"I had quite a fight against alcoholism in the Canal Zone." said Colonel Goethale, builder of the Panama Canal. I finally stamped it out by firing every man reported for drinking."

Field Marshal Count von Moltke stated that: "Germany had more to fear from heer than from all the armies of France."

Liquor has been the principle cause of the downfall and ruin of all the great nations of the past, as well as the present.

ALCOHOL: ANOTHER NARGOTIC

Nicotine, alcohol, cocaine, morphine, opinm are all classed as narcotires. "In former times alcohol was not considered a narcotie, It was then universally declared a stimulant, and a stimulant is the opposite of a narcotic. In the light of modern science and physiology it has been proved beyond the shadow of a doubt that alcohol does more harm than any other member of the narcotic family."

"Alcohol is not a stimulant, but a depressant. The word 'narcotic' comes from a Greek word meaning to benumb. That is what alcohol does; it benumbs the nerves and the brain."

The British scientist. Sir Victor Horsley, has said, "Alcohol is always included among the 'poisons' and in the pharmacological classification of 'poisons' it is universally placed side by side with chloroform and ether and described as a narcotic poison. This is the poison assigned to alcohol by the pharmacologists of all countries." Quoted from Science Speaks by George Thomason, M.D., F.A.C.S., page 25.

"Alcohol makes its first and major attack on the centres of self-control. . . . It starts by numbing the control centres in the brain. This allows the person to run without a governor on his engine. This accounts for a large number of motor accidents as the brakes are off and the nerves controlling the hands and arms and legs and feet are quite paralyzed."

PROBERTION

Before the war the very idea of prohibiting the traffic in strong drink seemed unthinkable to the average man. But the war opened our eyes to many facts. Now prohibition is within the range of possibility.

Prohibition once made great strides in America, a large percentage of the population occupying ninety per cent of her land was "dry." This advance toward national prohibition was not attained by sudden flight, but by fifty years of steennous work in educating the public mind up to the appreciation of scientific facts.

First, the churches declared war on drink; next, the doctors and scientists demonstrated its exlis; and finally. American industry, in its search for mental and physical efficiency, declared that efficiency and alcohol cannot go together. "Prohibition," declared an American writer, "spells efficiency; it lessens crime; lessens poverty, brings increase of income and a healthier and more contented community."

The revenue increased by liquor traffic will be made up by increased business, saved lives, increased earning capacity, etc.

INDIA AND THE DRINK PROBLEM

The total avoidance of drink has been a national ideal in India for many centuries. The majority of Indians advocate temperance reform; religious hodies advocate it besides many political hodies and lahour unions.

A proposal to ban the serving of liquor in refreshment rooms at rail-way stations and dining cars on trains was agreed to by the Central Advisory Council for Railways that met on April 10, 1948, under the chairmanship of the Minister for Railways, the Honourable Dr. John Matthai.

New Delhi has proposed the attainment of complete prohibition as from the beginning of 1949—at least this is reported to be the target of the Delhi authorities.

The West Punjab government is taking steps to enforce total prohibition in the province

In augurating prohibition in the city of Madras on October 2, 1948, the Premier, Mr. O. P. Ramaswami Reddiar, said it was a red-letter day in that city.

In a message to the Minister for Prohibition, Madras, on the extension of prohibition to the whole of the province, His Excellency the Governor-General, Mr. C. Rajagopalachari, said: "I hope the men and women of the province will be wise and take advantage of the great reform which the government has introduced... With this anniversary of Mahatma Gandhi's birthday, the entire province of Madras will be under the total prohibition law enacted in 1937."—The Times of India, October 4, 1948.

"The Bomhay Government. will incur an expenditure of Rs. 25.36. 0000 in 1948-49 on vigilance, education, and propaganda. counter-attraction and social welfare, and research and statistics 'in order to make the prohibition scheme a success' in the province."—The Times of India, October 6, 1948.

In the Central Provinces and Berar about half the area of the province excluding the integrated States is at present dry. It has been proposed to enforce prohibition throughout the province.

Said Mr. Morarji Desai, Home Minister, Bombay: "Even an annual loss of 25 crores of rupees to the State by the enforcement of prohibition would be more than compensated by the far greater benefits accruing to the masses not only in terms of money saved from expenditure on alcohol, but even more in terms of the health and welfare of the nation."—The Times of India, November 25, 1948.

Bombay is trying to be entirely dry from April, 1950.

The prohibition use of liquor and other intoxicating drugs were included in the directive principles of state policy during November 24. 1948 debate, in the Constituent Assembly of India Draft Constitution in New Delhi.

Soon after His Excellency Raja Sir Maharaj Singh, the Governor of Bombay assumed his responsibility the Times of India of January 9. 1948 announced, "In accordance with the wishes of His Excellency, the Governor of Bombay, no alcoholic drinks will in future be served in Government House. or at any Government House functions."

Another announcement appeared from New Delhi dated January 20, 1948 "The Government of India have asked all their employees to refrain from serving alcoholic drinks at official or semi-official parties given by them in view of the general policy of prohibition."

Our Bombay Governor is pushing the prohibition campaign very vigorously in this province and we wish His Excellency and his associates abundant success in this good work.

WHAT SHOULD BE DONE?

The question before us then is this: What should be done?

- 1. There should be a most vigorous endeavour to have the facts, the cold scientific findings regarding alcohol, taught to every child and every youth in schools and colleges of the land.
- The campaign should not be confined to the schools and colleges only. We should start a pledge-signing campaign to secure signers to the total abstinence pledge.
- 3. There is not only an educational and religious phase to this troublesome problem of liquor: There is a legislative side also. We must all vote for the prohibition law if we would have a happy and healthy India.



Alcohol is on the way out.

THE word tobacco was never derived from the plant that was used for smoking but from the original instrument that was employed for inhaling the smoke produced by the burning of a particular plant. This contrivance was originally used in Central America and consisted of a "Y" shaped wooden tube. The two limbs of the Y were inserted into the nostrils and through the lower stem the person inhaled the smoke from the burning leaves of tobacco in an earthen bowl. This wooden contraption was called "tabaco." In due course the name tobacco was given to the plant itself.

I am not entering into the details of historical and statistical data of tobacco. As far as this country is concerned, it is of little significance as to how and when tobacco was introduced, suffice it to say, that this was being used decades ago. The important consideration is that the use of this harmful article in one form or other is definitely on the increase. Nobody can deny the fact that tobacco smoking has gripped our country like a vice. It is appalling to see young children of the ages of five to ten using tobacco.

The use of tobacco in India is employed in more different ways than in any other country. Hukka is prevalent in Northern areas. Chillam narial and beed in the U. P.. Central and Western India. Cigars, beedies and the clay pipe in the South. Cigarettes are predominant everywhere now. Smoking is not confined to to-hacco, but there are some who prefer to smoke it along with "Ganja" and "Charis." two deadly narcotics. Tobacco is not only smoked but it is also chewed, commonly in beetle leaves and also used as a snuff.

There is no doubt as to the habitforming property of tobacco and one of the most serious aspects of the tobacco habit is its absolute englaving power. Very few who become confirmed addicts can break off from this habit. With the exception of a few drugs like cocaine, morphine, etc., there is nothing that holds its victim more tenaciously than does tobacco. No one knows better than a eigarette addict that smoking is capable of quieting and soothing the nerves temporarily. When the effect of one smoke has passed off the nerves cry for another one and this goes on and on, hence an irresistible craving develops. It is most difficult to convince the smoker that he is being seriously injured with this habit

because he feels at his best when under the influence of a "snoke." No doubt there is a transitory stimulation of the heart and brain, but the fact must be remembered that every stimulation is followed by depression. The attempt to remove this depression creates a demand for the repeated use of this narcotic in order to keep up mental fitness.

In spite of extensive propaganda by eigarette manufacturers and thousands of false and misleading testimonials put forward by them, no one has been able to give a convincing proof of any of its beneficial effects. On the contrary, millions of physicians and scientists have proved, without doubt, the deleterious and degenerating effects of tobacco on health. The present day literature is full of information regarding the true aspect of its properties. I do not wish to enter into the details of its harmful effects on different parts and systems of the human body, but a few important effects can be mentioned very briefly.

Tobacco contains no less than nineteen poisons with deadly effects. Nicotine is the chief one. Others as prussic acid, earhon monoxide, pyridine and furfural are deadly poisons in very minute doses, so that a smoker cannot possibly escape their dangerous effects.

(a) Effect on brain and nerves: It is universally agreed that nicotine is a nerve poison. It has a violent action on the nerve centres producing a degeneration of the cells of the brain causing tremors, twitchings, and attacks of giddiness. A constant tremor of the hand is without fail noticed in smokers. It decreases mental efficiency by ten per cent and impairs the function of the brain, clouds the understanding, and enfeebles the memory. The ability to think and mental concentration are weakened. There is lack of neuromuscular control and lack of physical precision. The late Dr. William J. Mayo, a surgeon of international fame, at a dinner given to eminent surgeons said. "Gentlemen, it is customary as we all know to pass around cigars after dinner; but I shall not do it. I do not smoke and I do not approve of smoking. If you will notice, you will see that the practice is going out among the ablest surgeons, the men at the top. No surgeou can afford to smoke."

(h) Effect on heart and circulation: The worst effects of tobacco are noticed on the circulatory system such as (1) lowered efficiency of the heart and disturbed rhythm. (2) Constriction of blood vessels with restricted blood supply to different parts of the body. These factors lead to rapid pulse rate, palpitations, extra beats and distress in the heart area. Blood pressure and blood sugar is increased. A smoker's heart is a well recognized condition with rapid and irregular action known to every physician.

(c) Effect on eyes: Nicotine produces degeneration of the optic nerve and is one of the causes of amblyopia (dimness of sight).

(d) Effect on ears: Tobacco paralyzes the auditory nerve resulting in defective hearing.

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- (e) Effect on general health: It has been scientifically proved that tobacco leads to retarded growth of the body along with physical and mental inefficiency. Ultimately it may lead to moral degeneration.
- (f) Effect on women: Smoking was not unknown among Indian women especially of the peasant and illiterate class, but it is a disgraceful situation that a great number of our young, educated ladies who claim to have become westernized and modernized have taken to this habit of eigarette smoking. Thewing of tobacco in betel leaves is a common practice among womenfalk. Tobacco has definite harmful effects on women. It is one of the causes of sterility. Abortions are very common in smokers, and the children of such women are always physically and mentally backward with a high infantile mortality rate.

(g) Other diseases: Tobacco is no doubt an important contributory factor in the causation of ulcers of the stomach. Two rapidly increasing forms of cancer are cancer of the mouth and cancer of the lung. Cancer of the mouth can be produced hy smoking or chewing tobacco, while cancer of the lung is believed by many to be due to cigar and cigarette smoking.

No little stress can be laid on the unhygienic aspects of the use of tobacco. The repeated spitting and sneezing by those who chew tobacco or use it as snuff is surely a nuisance to those who are near the offender. Hygienically hukka is the worst as it is smoked by so many

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individuals turn by turn. In the-North the custom of having a place in the villages called a "Diera" is the worst known in this respect. It consists of a common place in the village where one man is employed exclusively to keep hukka ready all the time. Whosoever comes there. smokes and goes away even thought he may be a tubercular or asthmatic. To emphasize the disgusting habit of smoking let me quote "Bapu," Mahatma Gandhi, the father of the country, who says, "Smoking clouds one's intellect and it is a bad habit. If you ask doctors, and they happen to be good doctors, they will tell you that smoke has been the cause of cancer in many cases or at least that smoke is at the bottom of it.

"Smoking fouls one's breath. It is a disgusting habit. When he is in a railway carriage, the smoker never cares whether there are ladies or men sitting about him who never smoke; and that the stench that comes out of his mouth may be disgusting to them. Smokers do not care where they spit. We must not become slaves to these things. Cigars and cigarettes whether foreign or indigenous must be avoided."

In consideration of the fact that the blood of a person using tobacco becomes saturated with the poisons mentioned above, I would like to mention a dialogue that occurred between a doctor and his patient.

"You smoke thirty cigarettes a day?" asked the doctor of a voung man who had called to see him.

Young man: "Yes, on the aver-

Doctor: "And you don't blame them for your rundown condition.

Young man: "Not in the least. I blame my hard work."

The physician shook his head, smiled, then he took a leech out of a glass jar. "Let me show you some-thing." he said. "Bare your arm."

The cigarette smoker bared his pale arm. and the doctor laid the lean, black leech upon it. The leech started its work earnestly; its body began to swell. Then suddenly a sort of convulsion gripped it and it fell to the floor dead.

Doctor: "That's what your blood did to the leech. Look at it. You poisoned it."

Young man: "I guess it wasn't a healthy leech in the first place."

Doctor: "Wasn't healthy, eh? Well, we'll try again."

The physician put two more leeches on his arm.

Young man: "If they both die, I'll swear off or at least cut my daily allowance down to ten."

At that very moment the smaller leech shivered and dropped down dead, and a little later the larger one followed suit.

Young man: "This is ghastly, I am worse than pestilence to these

Doctor: "It is the empyreumatic oil in your blood. All cigarette smokers have it."

Young man: "Doctor, I believe you are right!"

In concluding the subject of ill effects of tobacco on the human body, I do not hesitate to give a personal testimony of my own experience. I started smoking at the age of twelve which was mostly for the sake of fun and curiosity. Although I could not do it regularly, still I formed the habit of smoking whenever I

could. After the age of seventeen I was an addict and totally enslaved to this habit. I derived a peculiar exhilaration and pleasure out of smoking which was always transitory and the repeated demands of my irritated nerves for a fresh smoke resulted in my becoming a very heavy, rather, a chain smoker. Later on in spite of my repeated attempts to break off, the habit continued. I would feel lost if I did not have a packet of cigarettes in my pocket. I must have one immediately on rising and before retiring. On an average I was smoking forty to fifty cigarettes a day. Ultimately I started noticing the bad effects. I could not continue with my outdoor sports and athletics which I was very keen on as I became short of breath, I had developed a smoker's throat, a smoker's heart, and irritable and excitable nerves. After finishing one surgical operation I needed a smoke before starting the next case and at times during a long operation I left my assistant to carry on with the unimportant part while I went out to have a smoke, joining in the operation later on. I was noticing steadily increasing tremors in my hands which is ruinous for a surgical career. This was most alarming to me. Ultimately having found the truth. I left off this disgusting habit. For months thereafter I underwent the most awful agony. Many a time the temptation overcame me, but I have never felt better than I have since discarding this evil.

In India at least one community has been free from this vice due to restrictions on religious groundsthat is the Sikh community, but alas. even there some of the modernized individuals have taken to this habit.

There is no doubt that people addicted to tobacco often become involved in other vices too. Alcohol and tobacco almost go hand in hand. Alcohol is as much a narcotic as tobacco. Alcohol has been scientifically proved to have its most deleterious effect on the central nervous system -the brain and the spinal cord. It numbs the nerves and the brain, it acts as a narcotic on the sensory and motor nerves of co-ordination. All special senses of sight, hearing, smell, taste, and touch are benumbed. Alcohol interferes with the heart action, injures the heart muscle, indirectly injures the kidneys. and leads to high blood pressure. One of the early effects of alcohol is the impairment of eye sight. All these injurious effects of alcohol added to the more serious damage it does to the brain and nerves, make a strong case against alcohol as a narcotic. Alcohol is a major factor also in the vice situation. Tobacco, gambling, prostitution and the like are tied in very closely with liguor.

Field Marshal Montgomery while addressing the troops in Libyan warfare said. "I don't drink. I don't smoke, and I am a hundred per cent fit." The evil effects of alcohol and tobacco on the human system are. well summarized in the wording of Shakespeare in his play "Othello" (Act 2 Scene 3). The Bard of Avon makes Cassio exclaim, "O that men should but an enemy in their mouths to steal away their brains! That we should, with joy, pleasance, revel. and applause, transform ourselves into beasts! to be now a sensible man, by and by a fool, and presently a beast."

One heaves a sigh of relief on noticing that the leaders of the country are realizing the degenerating effects of alcohol on the nation and are introducing laws against its use. How wonderful it would be if the injurious nature of tobacco were also brought home to everyone and legislation tried to protect our young boys and girls from this ever increasing tragic situation.

After all this consideration of the evil effects of tobacco upon the body, mind, and morals, we are faced with the question—what are we going to do to remedy the situation. An educational campaign against to-bacco among the young boys and girls in all institutions throughout the country should be the primary consideration of all authorities. The



Inhaling smoke through the nostrils.

facts and the truth about tobacco must be brought to light.

Much could be accomplished if the medical profession took more interest in this campaign and impressed on every patient of theirs the harmful effects of the tobacco habit. But unfortunately the medical men are themselves hadly enslaved by this habit.

I have mentioned before that in this country the Sikh community escaped this dreadful vice because of religious scruples. Similarly, unless the religious leaders of every caste and creed adopt a firm resolution and determination against using to-bacco, all attempts of legislation

will meet the same fate as alcohol, i.e., its use will go underground but will never be eradicated. One of the most serious aspects of the constant increase in cigarette addiction among our young girls and boys is the bad example set by the adults—parents, teachers, preachers, and doctors. It is impossible to persuade the young ones or convince them to avoid or leave this habit when their elderate practising the same.

If all these attempts against tohacco are successfully carried out, we can ensure that the future generation shall not be rendered deficient physically, mentally and morally by this unnatural habit.

WHY DO PEOPLE DRINK

Grace Clifford Howard
(American Temperance Society)

SMALL boy of six loved to spend his time in the railway restaurant run by his uncle. It was in the early days of the railway. Beer was sold in this restaurant, and often part of the contents of a glass would be left. The little fellow had the same bump of curiosity that most children have. He sampled the remains of the drink, not once, but many times. After a while the patrons, seeing him drink the leftovers. bought him a drink of his own. They thought it fun to see so small a boy sipping a glass of beer. It was not long until the habit of drinking beer was fixed.

Early bereft of his father, the boy grew up to be a headstrong, liquordrinking adolescent. Offered a scholarship in one of the leading boys' schools of that day, he refused it because it would interfere with the independent life he was leading. He easily could have become an educated, cultured man, for he came from a good family. He was no help to his widowed mother, who needed his support. His drinking increased and made life miserable for his wife. He lived to be a man "full of years," spending those years in selfgratification.

Why did he drink? Apparently because the habit was formed out of curiosity in his early years and no one was at hand to guide him away from alcohol. Drinking seemed to



foster his natural selfishness, and he spent his whole life gratifying his own wishes at the expense of others.

During the recent war years when buses were plying daily between outlying villages and production centres, many a bottle was emptied on these trips. Although drinking on the way to work was discouraged, bus drivers would stop on the trip home while passengers stocked up with beer enough to last them until the next day, and much of it until the next day, and much of a driver of one of those buses, a lad of eighteen, was dared to take a drink of whisky. He had never tasted liquor before. Given the bottered

tle, he drank all the contents without stopping. He soon became unmanageably violent, tearing up and down the bus, and the men who had urged him to drink were glad when they came to the end of the run. Why did the boy drink? Because he had been dared to, and because he wanted to appear to be a man.

A thoughtless mother gave a hirthday dinner for her fourteen-year-old son. The guests were from his own high-school group. Cocktails were served, the first many of the guests had seen. Most of them felt that to refuse would be impolite to their hostess, so took their first drink.

A girl of eighteen attended a "pop" concert for the first time. When asked what she would have to drink, she replied to her hostess. "I'll take what you do," little expecting her to order an alcoholic drink. This was not her first taste of alcohol beverage; but she did not drink customarily, nor would she have ordered the alcoholic beverage

by preference.

In these four instances the reason for the initial or early drinking was social pressure. It is hard to displease one's host or hostess, or to stand firm against a group urging one to drink. Perhaps it safely might be said that almost all drinking begins as the result of social pressure: but once the practice of indulging has commenced, it is continued for a multiplicity of secondary reasons. The primary reason why anyone continues to drink seems to be for the effects produced by the anæsthetic, alcohol. It is not the taste, for almost all drinkers will admit that they do not like the taste. But the effeet! That is something else.

John was a little fellow, but he held a responsible position. He wished he looked as much like a real he-man as the other fellows with whom he worked, and he wished he could find something that would drive away those nervous headaches he kept having as the result of overwork, Perhaps someone advised him to take a drink to relieve the tension he was under. At any rate, John found that after a shot or two he felt as tall and as important as the other men he knew, and the headaches faded into thin air-until the next morning. So he repeated the experience, all by himself in his room, and continued to repeat it until he became afraid because he could not stop drinking. No one knew he was indulging, because always he drank alone in the privacy of his own room. Finally, in desperation, because he could not control his drinking, he came to a hospital for alcoholics to seek a cure.

A widower with one son, remarried. The son had been doubly devoted to his father since the death of his mother, and the necessity of sharing his father's love with the new wife was too much. He hated her, for he felt he could not be separated from his former place in his father's affections. To annoy his stepmother and at the same time to forget his troubles, he began drinking. He indulged in social drinking with increasing frequency. Because he, too, was a little fellow, he could not drink as much as his companions without serious after-effects, and liquor became a problem and a burden to him; but he continued to use it. Finally an arrest for disorderly conduct while intoxicated awoke the young man. The disgrace to his family and to himself was sufficient to make him want to change his ways.

These last two instances illustrate the part played by alcohol when one wishes to escape from an intolerable situation. Liquor here is an escape mechanism. In the one case, social drinking also played a part. But it should be noted that while liquor was used as an escape from an intolerable situation, the use of liquor in time became itself an added problem.

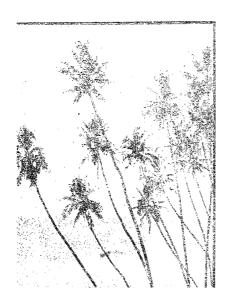
A man in his early thirties, to whom liquor had never been a problem, suddenly began to drink heavily. He heard strange noises, voices calling to him out of thin air, and he was afraid to be alone. He abruptly and for no apparent reason left his job and returned to his childhood home, where he committed suicide. The post-mortem diagnosis was paranoia, a form of insanity. Sudden onset of drinking is one of the signs of mental disease, as was the case with this man. In passing, it should be noted that, conlong-continued drinking sometimes brings on mental disease.

It is customary today to look upon the alcoholic (the drinker to whom alcohol has become a problem) as being psychotic and to blame this mental condition for his abnormal drinking. While this may be the case in some instances, it is safe to say all problem drinkers were not psychotic to begin with. Dr. Robert Fleming, a well-known psychiatrist of Boston, U. S. A., says that anyone, drinking long enough and in sufficient quantity, will become an alcoholic. He does not feel that it is necessary to have psychotic tendencies in the first place to become a problem drinker. He gives credit to the nature of alcohol itself for producing the condition,

Why do people drink? They drink to celebrate a joyous occasion such as a wedding or a christening, at a dinner for an associate who has recently been elevated to a higher position, or at an occasion to meet a distinguished guest as at a cocktail party. Just as readily, people drink to drown their sorrows at a wake or in solitude, after the passing of a friend. They drink when good fortune comes and quite as readily when hard luck strikes. In fact, any and every occasion is grasped as a reason to empty a glass. The heavier the drinking, the nearer one comes to complete anæsthesia, until finally, if sufficient alcohol has been imbibed, the centres of the brain controlling breathing and heartbeat cease to function because of anæsthesia, and the person dies. This seldom happens unless a large quantity of alcohol is consumed quickly, because the person "passes out" with less alcohol than it takes to anæsthetize these centres.

Many a man has lost his soul through indulging in alcoholic liquors. It is yet to be proved that anyone has saved his soul by this route. Drinking results largely from selfishness. Souls are saved through self-lessness. So, for whatever reason man drinks, no reason can be given that is for his ultimate good.





EFFECT

STIMULANTS

E. G. WHITE

WHEREVER we go, we encounter the tobacco devotee. enfeebling both mind and body by his darling indulgence. Have men a right to deprive their Maker and the world of the service which is their due? Tobacco is a slow, insidious poison. Its effects are more difficult to cleanse from the system than are those of liquor. It binds the victim in even stronger bands of slavery than does the intoxicating cup. It is a disgusting habit, defiling to the user, and very annoying to others. We rarely pass through a crowd but men will puff their poisoned breath in our faces. It is unpleasant, if not dangerous, to remain in a railway car or in a room where the atmosphere is impregnated with the fumes of liquor and tobacco. Is it honest thus to contaminate the air which others must breathe?

What power can the tobacco devotee have to stay the progress of intemperance. There must be a revolution upon the subject of tobacco before the axe will be laid at the root of the tree. Tea. coffee, and tobacco, as well as alcoholic drinks, are different degrees in the scale of artificial stimulants.

The effect of tea and coffee, as heretofore shown, tends in the same direction as that of wine and eider, liquor and tobacco.

Tea is a stimulant, and to a certain extent produces intoxication.

It gradually impairs the energy of body and mind. Its first effect is exhilarating, because it quickens the motions of the living machinery; and the tea-drinker thinks that it is doing him great service. But this is a mistake. When its influence is gone, the unnatural force abates, and the result is languor and debility corresponding to the artificial vivacity imparted. The second effect of tea-drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils.

Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the after-effect is exhaustion, prostration, paralysis of the mental, moral, and physical powers. The mind becomes enervated, and unless through determined effort the habit is overcome, the activity of the brain is permanently lessened.

All these nerve irritants are wearing away the life forces, and the restlessness caused by shattered nerves, the impatience, the mental feebleness, become a warring element, antagonizing to spiritual progress. Then should not those who advocate temperance and reform be awake to counteract the evils of these injurious drinks? In some cases it is as difficult to break up the teand-coffee habit as it is for the in-

ebriate to discontinue the use of liquor. The money expended for tea and coffee is worse thar wasted. They do the user only harm, and that continually. Those who use tea. coffee, opium, and alcohol. may sometimes live to old age, but this fact is no argument in favour of the use of these stimulants. What these persons might have accomplished but failed to do because of their intemperate habits, the great day of God alone will reveal.

Those who resort to tea and coffee for stimulation to labour, will feel the evil effects of this course in trembling nerves and lack of selfcontrol. Tired nerves need rest and quiet. Nature needs time to recucerate her exhausted energies. But if ner forces are goaded on by the use of stimulants, there is, whenever this process is repeated, a lessening of real force. For a time more may be accomplished under the unnatural stimulus, but gradually it becomes more difficult to rouse the energies to the desired point, and at last exhausted nature can no longer respond.

The habit of drinking tea and coffee is a greater evil than is often suspected. Many who have accustomed themselves to the use of stimulating drinks, suffer from headache and nervous prostration, and lose much time on account of sickness,

They imagine they cannot live without the stimulus, and are ignorant of its effect upon health. What makes it the more dangerous is, that its evil effects are so often attributed to other causes.

Through the use of stimulants, the whole system suffers. The nerves are unbalanced, the liver is morbid in its action, the quality and circulation of the blood is affected, and the skin becomes inactive and sallow, The mind, too, is injured. The immediate influence of these stimulants is to excite the brain to undue activity, only to leave it weaker and less capable of exertion. The after-effect is prostration, not only mental and physical, but moral. As a result we see nervous men and women, of unsound judgment and unbalanced mind. They often manifest a hasty, impatient, accusing spirit, viewing the faults of others as through a magnifying glass, and utterly unable to discern their own defects.

When these tea and coffee users meet together for social entertainment the effects of their pernicious habit are manifest. All partake freely of the favourite beverages, and as the stimulating influence is felt, their tongues are loosened, and they begin the wicked work of talking against others. Their words are uot few or well chosen. The tit-bits of gossip are passed around, too often the poison of scandal as well.

We are already suffering because of the wrong habits of our fathers, and yet how many take a course in every way worse than theirs: Opium, tea, coffee, tobacco, and liquor are rapidly extinguishing the spark of vitality still left in the race. Every year millions of gallons of intoxicating liquors are drunk, and millions of dollars are spent for tobacco. And the slaves of appetite, while constantly spending their earnings in sensual indulgence, rob their children of food and clothing and the advantages of education. There can never be a right state of society while these evils exist.

When the appetite for spirituous liquor is indulged, the man voluntarily places to his lips the draught which debases below the level of the brute, him who was made in the image of God. Reason is paralyzed, the intellect is benumbed, the animal passions are excited, and then follow crimes of the most debasing character. How can the user of rum or tobacco give to God an undivided heart. It is impossible. Neither can he love his neighbour as himself. The darling indulgence engrosses al! his affections. To gratify his craving for strong drinks, he sells reason and self-control. He places to his lips that which stupefies the brain. paralyzes the intellect, and makes him a shame and curse to his family, and a terror to all around him. If men would become temperate in all things, if they would touch not, taste not, handle not, tea, coffee, tobacco, wines, opium, and alcoholic drinks, reason would take the reins of government in her own hands, and hold the appetites and passions under control.

of pepper, mustard, coffer, and tea, and the free use of meats and also of salt

If the diet given here is followed carefully, the discovery will be made by the end of the first week that the craving has materially lessened and by the end of the third week it is not unusual to find that the craving has disappeared almost entirely.

For a period of two or three weeks make use of cereal foods, with milk and cream, buttermilk, and curds. At the close of the meal use fresh fruits, as oranges, papaya, apples, pineapples, grapefruit, pommelo, figs, dates, and raisins. Highly seasoned foods and stimulating drinks should not be given any place in the diet.

A patient who had used tobacco for forty-two years, after adopting this treatment for three months, wrote: "It seems wonderful to me that I now have no craving for tobacco or drink."

Another writes: "I am glad to say I have not used tobacco in any form for three weeks, and have no desire for it." Still another, after four weeks, says: "The desire for smoking has entirely disappeared. I have increased in weight, and considerably in strength. My mind is clearer, not heing doped. I am exceedingly glad I quit."

No victory has ever been won without a conflict—and a real fight. Divine aid is promised to those who strive lawfully, and victory is assured.

HOW TO CURE THE CIGARETTE HABIT

D. H. KRESS, M.D.

THE first step in giving up the cigarette is, Give it up. Many fail because they never really reach this point.

Keep away from smokers and a tobacco-smoke-laden atmosphere as far as possible for about three weeks. After each meal, for one week, rinse out the mouth with a ¾ of 1 per cent solution of silver nitrate. This creates a distaste for tobacco smoke, and will usually relieve throat irritation.

Purchase two annas' worth of gentian root (or camomile blossoms)

tó chew during the day when the desire to smoke appears.

To assist in eliminating the poison, take a dose composed of half a teaspoonful each of Rochelle salt and cream of tartar each morning before breakfast for one week. Drink water, orange juice, or grapefruit iuice freely.

Keep out in the open air as much as possible. Keep the mind occupied.

The greatest aid will be found in a change of dietetic habits. Smokers are fond of highly seasoned foods and stimulating drinks



IS ALCOHOL NORMALLY PRESENT IN THE BLOOD?

WEBSTER, from the results of twelve investigators who had found traces of alcohol in the blood of persons who had not taken alcohol, computed the average to be .003 per cent.¹

According to Wallace, the apparently minute traces of alcohol in the blood are a normal product of carbohydrate metabolism. Its presence has also been explained by the action of the colon bacillus on sugar, which produces alcohol.

Thorne M. Carpenter, Ph.D., acting director of Nutrition Laboratory, Carnegie Institution of Washington. sums up the case in these words: "Many studies have been made as to whether alcohol occurs normally in the animal body or as to whether it may occur in the course of the metabolism of other substances in the body, more particularly as the result of a step in the metabolism of carbohydrates or as the result of fermentation in the digestive tract. The quantities found in the various investigations were so small as not to be of any significance in studies on the metabolism of alcohol."

A comment of Bogen and Hisey on the subject is: "It is sometimes said that alcohol is formed naturally in the body as a result of fermentation and other processes, and that it is therefore a natural part of the body, always present in the blood and tissues. The amount which is claimed to be found, however, is so very small that it amounts to less than one drop of alcohol in the entire body, and it cannot be found by most tests for alcohol. Such traces cannot be compared with the amounts of alcohol present as a result of drinking alcoholic liquors."1

From these investigations, then, it is clear that it cannot be justly claimed that alcohol is naturally produced in the body in sufficient quantities to lend weight to the argument that drinking is a normal process since the body normally contains alcohol.

G. C. H.

- Legal Medicine and Toxicology, 1930.
- ² Alcohol and Man, page 26.
- ³ Quarterly Journal of Studies on Alcohol, September, 1940, page 203.
- What About Alcohol? Bogen and Hisey, page 31.

PROTECTIVE FOODS

A LL foods may, broadly speaking, be classified into energy foods and protective foods. But these two types are not entirely independent of each other; certain foods may supply us with energy, in addition to being Protective Foods.

Energy foods supply heat and energy (calories) to the body and comprise mainly cereals—such as wheat, rice, maize and millets; sweetening substances—such as honey, sugar, and gur; and fatty substances such as ghee, Dalda and other than the substances and supplies that the substances are such as ghee, Dalda and other than the supplies that the supplies

As their name implies, protective foods guard us from what are popularly known as deficiency diseases and supply materials which are necessary for a sound body and mind. They may be summed up under two main food constituents namely vitamins and minerals.

Vitamins are organic substances, with negligible energy value but essential for health, growth and development of the body. New properties and new vitamins are being discovered but, the most common of them are vitamins A, B complex, C and D each performing definite duties as protective foods.

Out of about twenty minerals

necessary to our system, iodine, calcium, phosphorus, and iron are the most important as protective foods. Minerals enter into the constitution of all tissues. In cases of bones and teeth they are present in large amounts for the purpose of giving hardness and permanence. As soluble salts they are necessary for the functioning of muscles, nerves and

In general, protective foods give our hodies resistance against eye troubles, skin infections, bone diseases and other complaints resulting from insufficient uitrogen and minerals. They also keep up the efficiency of our essential organs such as the heart, lungs, brain, and bowels.

The sources of protective foods are several and need not be expensive. Even cheap sources like carrot leaves and turnip-tops are just as useful as carrots, turnips, fresh vegetables, and fruits. And, sprouted pulses are even better than expensive fresh fruits because they not only contain necessary amounts of vitamin C. B, iron, and phosphorus, but also contribute protein to the diet. Sprouted pulses have been rated so high in dietetics, that they are known as the "Poor Man's Meat."

The following table explains the importance of a few very necessary protective foods most of which everyone must consume:

IN YOUR DAILY DIET

- Green and leafy vegetables such as carrot leaves, amaranth (cholai) leaves, etc.
- Yellow and citrus fruits, e.g. mango, papaya, oranges, etc., or sprouted grains.
- 3. Whole grain pulses.
- Milk and milk products such as cheese, curds, etc.
- 5. Meat and poultry (non-vegetarians).
- 6. Fish (non-vegetarians).
- 7. Eggs (non-vegetarians).
- 8. Fish-oils such as cod-liver oil, shark-liver oil (non-vegetarians).

TO PROVIDE

Vitamins A (carotene) and C and minerals -calcium and iron.

Vitamin A (carotene) and C.

Proteins (second class) and vitatamin B complex.

Proteins (first class) mineral calcium and vitamins A and D.

Proteins (first class) and vitamin B complex.

Proteins (first class) and vitamin B complex and some minerals. Proteins (first class) and vitamins A, D and B complex.

Vitamin A and D.

Since each of these food factors has a different function in the body it is very essential for us to include each type in an adequate quantity in our diet.

Refer: Pamphlet No. 3-Balanced Diet Bulletin No. 17-Deficiency Diseases.

Bulletin No. 16-Dalda Advisory Service.

Don't tolerate COCKROACHES!

Their habits and HABITAT are filthy. From FILTH they creep into the home and contaminate food, destroy clothes, books and furnishings, and endanger your health. The frestines of a COCKROACH breed dangerous germs. Their hairy and spined legs carry innumerable bacilli. They are more obnoxious than the common house-fly. Their presence in the home is highly undesirable. Be rid of them by using BLATTABANE, a non-poincus, non-inflammable, non-injurious, odours, clean powder that exterminates these pests. BLATTABANE is harmless to humans, all pets and plant life.

Available at leading Chemists and Stores, in 1½ oz., 3 oz., 8 oz., 1 lb., 7 lb. and 56 lb. sizes.

AGENTS:—BOMBAY—Whiteaway Laidlaw & Co. Ltd. KARACHI—J. Thadhani & Co., P. B. 108, Frere Road. MADRAS—Aryan Drug Stores, 2/88 Iyyah Mudall St., Chintadripet. KOTTAYAM—W. I. Joseph & Co. CALICUT —T. Horain Sahlb, Huzur Road, UPPER ASSAM—Planters' Stores & Agency Co., Ltd., Dibrugarh & Branches. BANGALORE—de Souza Broa., 4, Hutchins Rd., Cook Town. POONA—Barnes & Co., East Street. In case of difficulty kindly refer FRUGTNEIT & Co. 16 Crooked Lane, (off Waterloo St.), Calcutta.

Ask for BLATTABANE

(The Safe Insecticide)

SOYA BEAN MILK AND ITS PRODUCTS

THE researches at the Indian Institute of Science. Bangalore. have shown that although soya bean when cooked whole as a dal is difficult to digest and is not superior in food value over the average Indian dal, it can nevertheless be processed to yield a milk which is quite digestible and has a high food value corresponding to about 80 per cent of that of good cow's milk. The milk can be drunk as such or used for a variety of food preparations in the same way as cow or buffalo milk. The residual paste left after separation of the milk can also be used for a variety of food preparations.

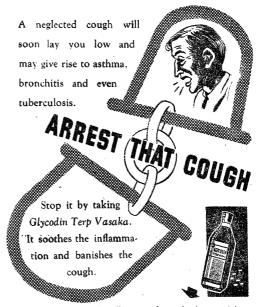
At an exhibition held recently, soya milk, soya curd, soya ice-cream and different food dishes made from the milk, curd, and paste were shown. These food preparations had practically the same taste and flavour as those prepared out of cow's milk. A simple household method of preparing soya milk was also demonstrated as also the preparation of the different dishes. It was shown

how the process of conversion into milk involved steeping and incipient germination, extraction of the kernel to remove the bitter principle, fine pasting, vigorous boiling and to further improve the taste and food value, incorporation of calcium and addition of salt and a small percentage of inverted sugar.

In India only about 20 per cent of our requirements of milk and milk products are available. Soya beans can therefore be grown, and their milk produced in large quantities to supplement the supply of animal milk. It can be produced cheaply and when the bean is more extensively grown, the price of the marketed milk need not exceed six pice per pound. When it is produced in

the home, it would of course be cheaper still. Sova beans can be grown in almost every province. It is a three to four months' duration crop and with proper manuring the yield is estimated to be at least 800 pounds per acre. To start with, one pound of beans yields about three seers of milk. It is claimed by the Bangalore Institute that Soya milk can be a complete substitute for milk, it is a good invalid food, especially in the cases of stomach, liver. or intestinal disorders, diabetes and certain wasting diseases, and that when added to the poor rice diet it has a supplementary value equivalent to not less than 80 per cent of good grade cow's milk.

-"Food and Nutrition."



In all cases of cough due to serious organic trouble, consult your doctor.

GLYCODIN TERP-

AN Alembie PRODUCT

THE ORIENTAL WATCHMAN, FEBRUARY 1949

CHILDREN'S CORNER

EVEN A DOG KNOWS!

POLLY OATLEY SIMMS

CARL had been to the shoemaker's to have his shoe sewn. He was walking toward home, looking at his shiny shoes, when right in front of him, on the sidewalk, he

saw a pretty green package.

"It looks like cigarettes," he said, as he picked it up. "The package is almost full. I suppose someone lost it." At first he wondered what to do with the package. Then he thought about brother Tom. He'd take it to Tom. Tom didn't smoke; but he could find use for most things, and Tom knew a lot, for he was fifteen.

Carl was so absorbed with his thoughts that he didn't notice a car stop until he heard the driver say. "Do you want a ride? I'm going by your house to deliver some groceries." It was the grorer's boy. He smoked, and mother said that was the reason he never had money for new clothes. The grocer's boy looked pale, too. Was that because he smoked?

Carl was glad for the ride, but the grocer's boy smoked one cigarette after another. Sometimes the smoke went right into Carl's face and made him feel sick.

When Carl got out of the truck at his gate. Spotty, his dog, came bounding across the lawn to meet him. He picked up Spotty's hall ready for a romp, but the dog hung his head and put his tail between his legs. Carl couldn't get him to come any closer.

"That's funny," Carl said. "I

"That's funny," Carl said. "I never even scolded him, and he acts as if I'd been mean to him. I wonder if Tom is in the shop."

"Tom," Carl called, as he entered the shop where Tom was working on a tractor, "Why won't Spotty play with me? He acts as if I'd scolded him."

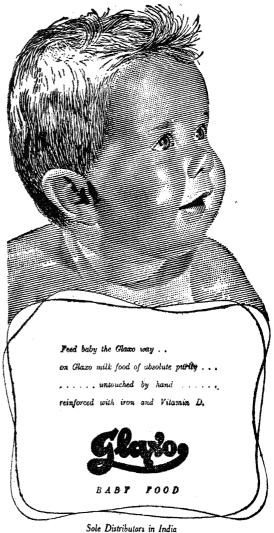
Tom sniffed the air. "Come here," he said; "Yes, I think I know why Spotty avoids you. He doesn't like your odour. You smell like cigarette smoke. Did you ride with the grocer's boy?"

Yes, and Tom! see what I found—a new package of cigarettes, with only about two used. Are they good for anything? Can you make anything out of them?"

"No. Carl, they are not good for anything. Mother says they harm people who smoke them. The only use I know for tobacco is to kill bugs. There is a poison in tobacco. It is called nicotine. Nicotine is put into a liquid to spray on plants. This kills the bugs on the plants."

"Oh, you mean the same way fly

spray kills flies? If cigarettes have poison in them strong enough to kill bugs, they wouldn't be good for people. Spotty doesn't like cigarette smoke. Maybe the smell makes him feel sick, That may be the reason he doesn't like the grocer's boy. I think I'll tell the boy that if he will stop smoking Spotty will like him.



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Besides, if he'll stop smoking, he'll have enough money for new clothes, too. Spotty knew all the time that cigarettes were not good. I think I will go and bury these."

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BOOK REVIEW

WHY PROHIBITION, by H. C. Mookerjee, M.A., Ph.D., Vice President, Constituent Assembly of India—The Book House, 15 College Square, Calcutta, 220 pages. (Rs 4-0-0).

ALL who, from whatever motives, are interested in the temperance cause, will be happy to learn of this masterly plea for the abolition of the liquor traffic by Dr. H. C. Mookerjee, one of India's outstanding citizens and one who by virtue of his wide experience as educator, author, and statesman, is highly qualified to speak on the subject.

This book, unlike much other propaganda on the matter, is not a

compilation of demands for stringent legislation to coerce the unwilling, but is a clear, concise, and logical presentation of reasons why prohibition should be desired by all, whether drinkers or abstainers. All assertions regarding the evil effects of alcohol on mental and physical health are abundantly supported by scientific proof from recognized authorities, and none can read the work without being impressed by the force of the arguments, and that alcohol is a terrible power for the disintegration of the mental faculties and physical health. Outstanding men of learning and experience in all parts of the world and who are well known as authorities, have been rallied to bear testimony to the truth of the author's message. In the concluding chapter the author argues powerfully for prohibition as a practical proposition, proving the fallacy of the contention that the liquor traffic contributes to the country's wealth and economic welfare.

The materials presented in this hook are comprised in thirteen chapters written in very interesting and easily readable style. Included in the chapter headings are these: Alcohol—Food, Medicine, or Poison; Alcohol and the Nervous System; Alcohol and the Blood; Alcohol and Work; Alcohol and Intellectual Efficiency.

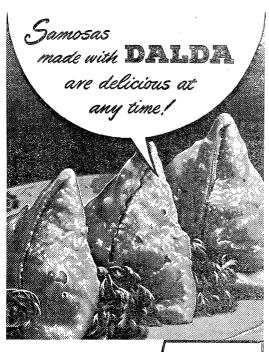
The author's insistence that an intelligent understanding of all that is involved is the strongest enforcement of prohibition, adds to the value of the work.—Editor.



SEEING EARS

A TECHNICAL school student in America wondered how bats "see" in darkness and fly about without colliding with objects. He discovered that they are guided by echoes of their scream so high pitched as to be inaudible to human ears. He devised a simplified radio system consisting

of a pair of goggles fitted with lightsensitive selenium, a coat pocket power kit and a small hearing aid which ticks off impulses at varying rates, thus enabling a blind person to "see" with his ears. It requires from one day to a week to become so accustomed to the ticks as to be able to go anywhere, even through busy streets or strange rooms.



Mix together 1 cup of atta, 1 cup maida and salt to taste. Rub in 3 teaspoons of Dalda into mixture, prepare dough as for poories, and make into small balls. Roll out balls into flat round shapes of about 3" diameter. Cut into halves. Shape each half into a cone by first damping edges and then pressing them together. Stuff into cones cooked and seasoned potatoes and peas or / minced meat and then seal up. Deep fry in hot Dalda till samosas are light brown.

IS BOILED RICE-WATER FOOD?

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THE GOOD SWEET POTATO

GEORGE WASHINGTON CARVER, the late eminent Negro scientist in the United States, received many awards for the research work he did with the sweet potato. He obtained more than two hundred different products from this good vegetable.

As a food he found it most nourishing. He found it easy to plant and cultivate and he recommended it to all classes.

Here in India, too, it grows abundantly and with little difficulty. Put a few vines into the ground and in a short time you will have sweet potasince the year with have sweet pota-tions fit for a king for your own con-sumption. People would do well to eat more of this good food, especially now, with rationing and food shortage. Let us make our bodies strong and healthy by using more of the good food that grows around us. We can grow sweet potatoes ourselves. They are easy to grow. Try it in your back yard.

In the October issue of HEALTH, a

good recipe for sweet potato poories was given. Did you try it? If not, then do

SWEET POTATO SCALLOPS

Three medium-sized sweet potatoes, cooked; 3 level tablespoonfuls flour; 1/2 cooked, 3 level tablespoonfuls hout, 2 cup brown sugar; 1 cup grated pine-apple, sweetened; 1 tablespoonful grated orange rind (to taste); 4 cup sweetened pineapple juice; 4 cup orange juice; 2 tablespoonfuls butter; 1 level

teaspoonful salt. Peel and slice the sweet potatoes. Sift flour and salt together, oil a baking dish and sprinkle a little flour into ing dish and sprinkle a little hoar into it. Place a layer of sweet potatoes on the bottom, sprinkle them with sugar and top with little bits of butter. On this place a layer of grated pineapple, then cover with the sugar and then sprinkle some flour on, Continue plaeing the ingredients in this order until all are used. The last layer should be pineapple. Pour over all this the orange and pineapple juice. Bake in a hot oven half an hour or more. Six small servings or four large.

SWEET POTATO PUFFS

1 cup mashed sweet potatoes, ½ cup flour; 1 egg; ½ teaspoonful baking powder; a little salt. Mix all ingredients together. Cut in

strips; fry in deep fat until puffed and light brown. Serve hot.

SWEET POTATOES WITH ALMONDS

6 medium sweet potatoes, boiled and peeled; ½ teaspoonful salt; 3 tablespoonfuls butter or ghee; 1/2 cup cream or rich milk; 1/2 cup chopped or ground almonds.

Mash sweet potatoes. Season with butter, salt and cream. Mix in the almonds and place mixture in a baking dish in hot oven for fifteen or twenty minutes. Coconut may be used instead of almonds. A very nourishing dish. Serves six.

FRIED SWEET POTATOES

3 medium sweet potatoes, boiled and peeled; 4 tablespoonfuls oil or ghee; 1 teaspoonful sugar; a little salt.

Mix sugar and salt. Slice the sweet

potatoes lengthwise. Put ghee in skillet and when hot place the slices of sweet potatoes so they are not crowded. Fry on both sides until a golden brown. Sprinkle with sugar and salt as lifted from the skillet on to platter. Serves four.

MASHED SWEET POTATOES

4 sweet potatoes, cooked and peeled; 1/4 cup cream; 2 tablespoonfuls butter; a little salt.

Mash the potatoes. Add the butter, cream, and salt. It is ready to serve with milk sauce.

MILK SAUCE

2 cups milk; 1 tablespoonful flour mixed with 2 tablespoonfuls melted butter. Mix this with the boiling milk, add a little salt and serve.

SWEET POTATO PUDDING

2 tablespoonfuls butter or ghee; 1 cup grated raw sweet potato; I cup melted brown sugar; I cup rich milk; ½ teaspoonful powdered ginger; I teaspoonful powdered cinnamon; ½ teaspoonful Salt; ½ cup sugar; grated rind of one crown. of one orange.

Mix all ingredients together, turn into a well oiled baking dish and bake in hot oven until firm.

SWEET POTATO CURRY

4 sweet potatoes, cooked, peeled, and cubed; 4 tomatoes, chopped fine; 1 small bunch Ihanyia (green coriander); 1/2 coconut; 6 cloves garlic; 1 large chopped onion; 4 tablespoonfuls ghee or oil; 1 teaspoonful curry powder.

Grind coconut, crush garlic. Place ghee in saucepan, add onion and garlic and fry. Add masala and fry. Add coconut and fry. Add tomatoes, mix and fry. Add potatoes, let cook up and serve

with rice.



THE DOCTOR SAYS

THIS question and answer service, free only to subscribers, is intended for general information. No attempt will be made to treat disease or to take the place of a regular physician. In special cases, where a personal reply is desired or necessary, it will be given if a stamped addressed envelope accompanies the question. We reserve the right to publish the answers to any questions sent in, if we deem them beneficial to our readers, though no names will be published. Address the Associate Editor (Doctor Says) "Health," Post Box 35, Poona 1, and make questions short and to the point.

SKIN DISEASE: Ques .- "I am thirty-five years of age and a month ago I was afflicted with a skin disease. Upon examination it was found to be 'psoriasis.' Please advise me concerning the diet and medication necessary for this affliction."

Ans,-Psoriasis is a capricious skin disease of unknown cause and its only harmful effect is to worry the patient. The lesions may appear almost anywhere but they seem to prefer the elbows and knees and very rarely do they appear on the face. The treatments that have been tried are legion, for the disease seems to appear and disappear of its own volition regardless of what remedy is being used or not being used at the time. Most physicians recommend the following measures: (1) A diet low in fat—no ghee, oils or fried foods. Milk should be skim milk or buttermilk. The diet should be varied and high in vitamins. (2) Often some polyvitamin preparation or capsule is given which adds more vitamins A, B, C, D, and G to the dietary intake. (3) Some ointment or lotion designed to aid in loosening and removing the scales from the lesions. You should consult your physician about the particular preparation which you should use.

SILVER LEAF: Oues,-"People say that Amla Murabba wrapped in silver leaf is good in summer. Please tell me how this is beneficial."

Ans.—There are many legends and sayings ascribing benefit to various charms, amulets and other things, Gold and silver leaves come in this class of things which are thought beneficial to the health for tradition's sake and not from any actual benefit which they

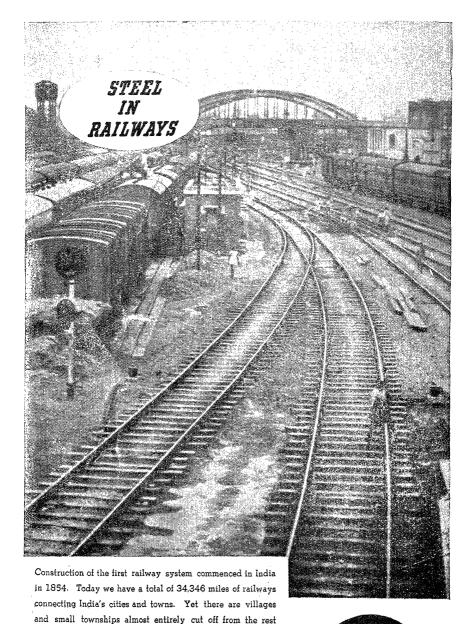
INFLAMMATION OF THE EYES: Ques.—"Periodically my eyes become very inflamed and itch considerably. My glasses suit me very well and wear sun glasses when going out in the strong glare or sunlight. I wash my eyes with boric lotion twice a day and after a day or two the inflammation seems to go and the eyes become nor-mal, but this condition returns about every month or six weeks. What treatment should I take?"

Ans.—Boric acid solution is a common and very useful preparation for treating mild conjunctivitis and irritation of the eyelids. Since the eye irritation tends to recur every month or so I would be inclined to think your case needs something more than home treatment and would advise you to seek the counsel of a reliable eye doc-

OBESITY; NATURE CURE SANI-TARIUMS: Ques.—"(1) Which is the easiest way to get rid of obesity? (2) How many nature-cure sanitariums are there in India and what are their addresses?"

Ans.—(1) There is no easy way to lose weight. It is a difficult and prolonged struggle. It not only requires leaving off the amount one has been over-eating (the amount that produced the fat in the first place) but leaving off an additional amount of food to force the body to use up some of the fat that has been stored. It requires strict attention and skilful arrangement to be able to leave off the energy. foods (calorie producers) and still take in enough vitamins and minerals and protein to keep us in good health as we lose weight. In order to accomplish this certain foods must be left off entirely and others severely limited. Those which one should not take at all are sweets, sugar, desserts, ice-cream, pud-dings, cakes, pies, fats, ghee, or deep dings, cakes, pies, fats, ghee, or deep fat-fried foods. Those which should be taken in limited quantities are cereals, potatoes, carrots, beans, peas, dals, milk (which should be skinmed or buttermilk). One should eat as varied a diet as possible including leafy and yellow vegetables, eggs, milk, buttermilk, fruit and whole grain cereals, but omitting the items mentioned above as forbidden. It is often advisable to take some vitamin preparation when on a reducing diet. One teaspoonful of "Mar-mite" three times daily is useful for this purpose, (2) I do not know just what is meant by "nature-cure sanitariums" but there are three institutions run by the same organization which

THE ORIENTAL WATCHMAN, FEBRUARY 1949



places.

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